POSE PROOF: NIH focuses on how yoga can ease medical ills | **Inside**

express

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Tuesday

AP

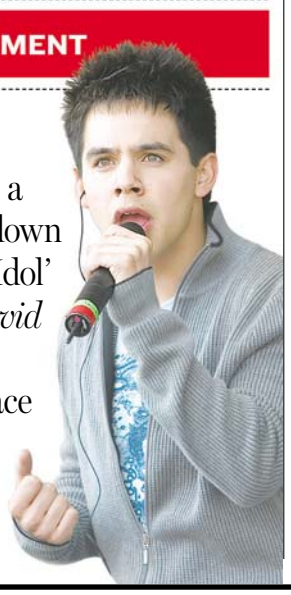
China observed three minutes of silence Monday.

Running Scared: China warns of major aftershock | 6

Troubled Tourism: Travel industry feeling the pinch | 10

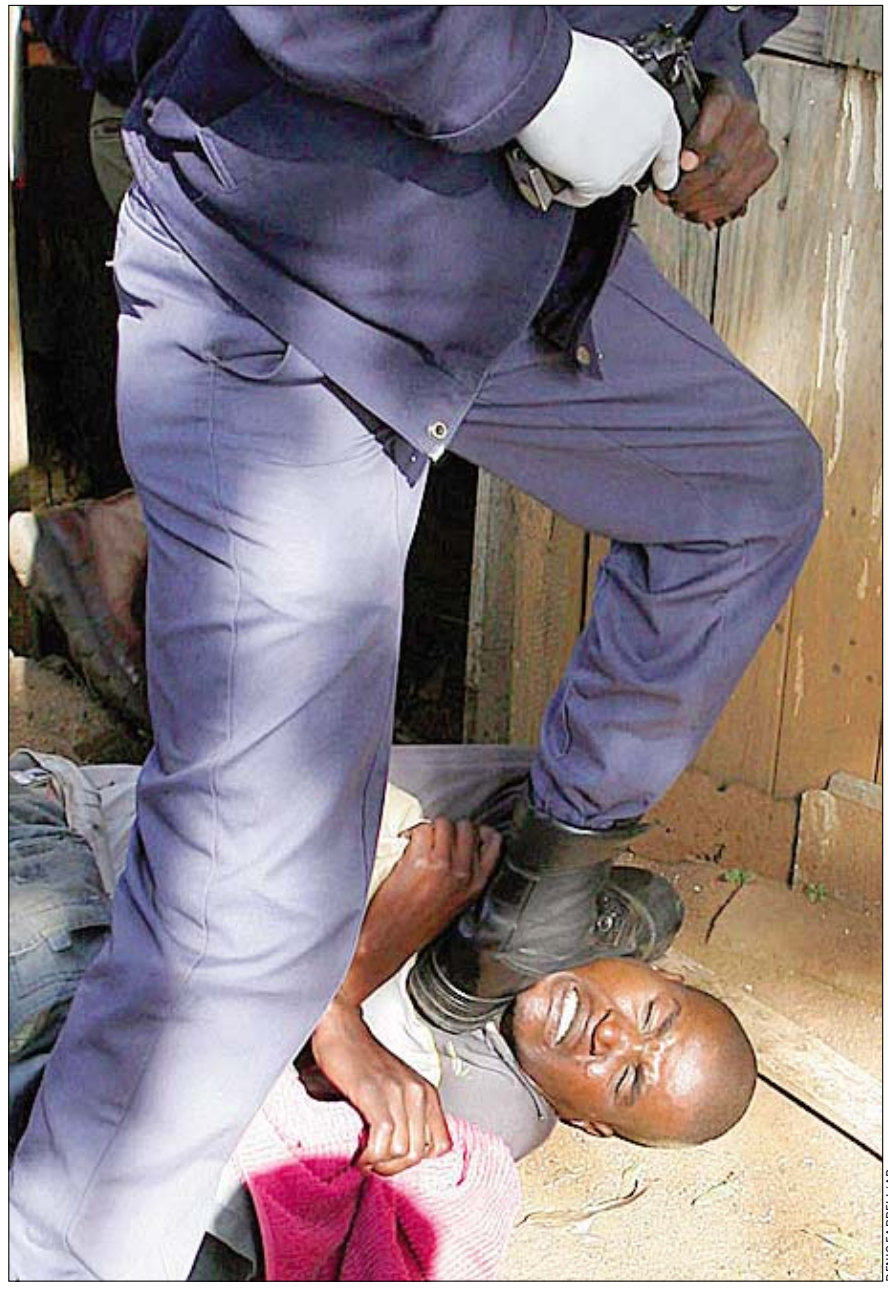
Good Jump: O's surprise their critics with fast start to year | 15

ENTERTAINMENT



Dueling Davids: It's a singing showdown as 'American Idol' superstars *David Archuleta* and David Cook face off for the season finale.

>> 18-22



DENIS FARRELL/AP

S. Africa Cracks Down on Violence

SHOW OF FORCE: Police arrest a man suspected of inciting violence in a raid on a squatter settlement east of Johannesburg, South Africa, Monday. South Africa brought in reinforcements in an attempt to quell anti-foreigner attacks in violence reminiscent of some of the bloodiest days of apartheid. The recent clashes have killed 22 people. ✤ **'Please stop':** Officials plea for peace | **Page 8**

Justices OK Child Porn Law

Supreme Court: Free speech not applicable to child porn

WASHINGTON | The Supreme Court ruled Monday that leading someone to believe you have child pornography to show or exchange is a federal crime, brushing aside concerns that the law could apply to mainstream movies that depict adolescent sex, classic literature or even innocent e-mails that describe pictures of grandchildren.

Scalia

The court, in a 7-2 decision, upheld a law aimed at cracking down on the flourishing online exchange of illicit images of children.

The ruling upheld part of a 2003 law that also prohibits possession of child pornography. It replaced an earlier law the court had struck down as unconstitutional. The new law sets a five-year mandatory prison term for promoting, or pandering, child pornography. It does not require that someone actually possesses child pornography.

Opponents have said the law could apply to movies like "Traffic" or "Titanic" that depict adolescent sex or the marketing of other material that may not be pornography.

In the court's ruling, Justice Antonin Scalia said the law takes a reasonable approach to the issue by applying it to situations in which the purveyor of the material believes or wants a listener to believe that he has actual child pornography. First Amendment protections do not apply to "offers to provide or requests to obtain child pornography," he said. (AP)

pollcenter WHICH FINALIST DO YOU WANT TO SEE WIN THIS SEASON'S 'AMERICAN IDOL'? Ⓐ DAVID ARCHULETA Ⓑ DAVID COOK

WWW.READEXPRESS.COM | VISIT OUR WEB SITE TO CAST YOUR VOTE. FOR MONDAY'S POLL RESULTS, SEE PAGE 36

TUESDAY	WEDNESDAY	THURSDAY
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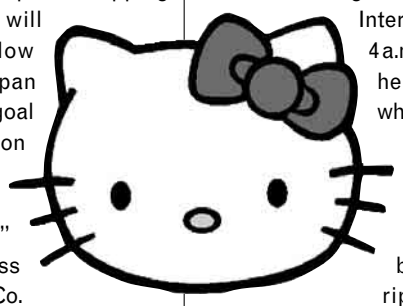
TODAY: Rainy, breezy and cooler, but clearing up in the evening | 34

eyeOpeners

TOURISM

Mute, Overfeminized Drawing Is Promoted

Hello Kitty can add "government envoy" to her resume. The tourism ministry on Monday named Hello Kitty as its choice to represent the country in China and Hong Kong, two places where she is wildly popular among kids and young women. Officials hope that tapping into that fan base will lead to a bigger flow of tourists into Japan and closer to their goal of attracting 10 million overseas visitors every year under the "Visit Japan" campaign. At a press conference, Sanrio Co. President Shintaro Tsuji called Hello Kitty's new appointment "an honor" and pledged to "work hard to attract many visitors." (AP)



SNACKS

Five-Second Rule Suspended Briefly

Police say a trailer loaded with 14 tons of Double Stuf Oreos overturned Monday, spilling the cookies still in their plastic sleeves into the median and roadway. Illinois State Police Sgt. Brian Mahoney says the truck's driver was traveling from Chicago to Morris, Ill., on Interstate 80 around 4 a.m. Monday when he fell asleep at the wheel and slammed into the median. "The boxes came out of the trailer, and boxes were ripped open," he said. Mahoney says no charges have been filed, but both lanes of traffic remained closed while authorities removed the cookies. (AP)

AFP/GETTY

LIVESTOCK

A Clean Sheep

If only it worked for humans: These sheep breeders have created wrinkle-free sheep. The Australian wool industry is encouraging farmers to use such sheep before the practice of mulesing is phased out in 2010. Mulesing is a painful process that removes skin to prevent the disease flystrike, caused when flies lay eggs in the furrowed hides of sheep. A wrinkle-free version, therefore, offers no such nesting surfaces. Wow, who knew sheep farming was so insanely gross? (EXPRESS)

PETS

'Oh, Swordwolfkiller Just Wants a Biscuit'

Jerusalem jails are using a computer program to interpret the barks of guard dogs. Noam Tavor, head of the Israel Prisons Service canine unit, said the program is designed to overcome mistakes in which guards have either not heard dogs sounding an alarm or failed to speedily identify its significance. "It collects the dogs' barks through microphones ... and sorts and grades them," Tavor told Army Radio. "It relays only the barks that are significant in terms of security — barks that reveal stress or aggression in the dog." (AP)

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OBLIVIOUS: A 6-foot-tall, 2,000-pound anchor in La Crosse, Wis., has been stolen, but, apparently, no one has missed it. Police say the anchor could have been stolen up to four months ago, but neighbors said they hadn't noticed it missing.

Nation

THE TRAIL

DAILY DIARY | WASHINGTONPOST.COM

DAVID KOHL/AP

KENTUCKY

'Nowhere Near Over'

Looking to rally supporters, the Hillary Clinton campaign accused Barack Obama of declaring the Democratic race over.

"Senator Obama's plan to declare himself the Democratic nominee in Iowa is a slap in the face to the millions of voters in the remaining primary states and to Senator Clinton's 17 million supporters," Clinton's communications director, Howard Wolfson, wrote in a memo to reporters Monday titled "Mission Accomplished: Not so Fast."

When asked about Obama's Iowa rally in a satellite television interview with a Eugene, Ore., station, Clinton herself said, "You can declare yourself anything, but if you if don't have the votes, it doesn't matter."

After those interviews, she told a crowd in Maysville, Ky., "This is nowhere near over." PERRY BACON JR.

washingtonpost.com

For extended analysis and up-to-the minute reports from the campaign trail, visit **blog.washingtonpost.com/the-trail**

McCain, Obama Clash on Security

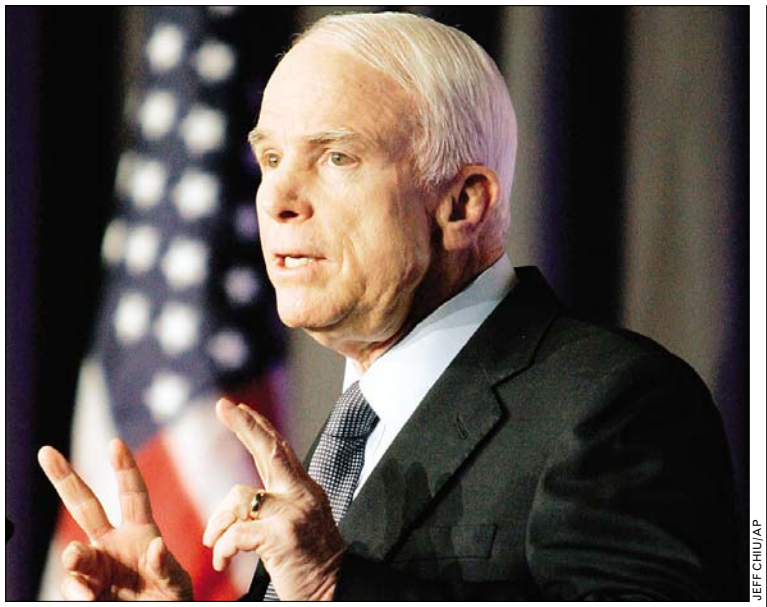
Senators continue dustup over proper way to deal with Iran

CHICAGO | Republican John McCain accused Democrat Barack Obama of inexperience and reckless judgment for saying Iran does not pose the same serious threat to the United States as the Soviet Union did in its day.

The likely GOP presidential nominee criticized Obama's comments Monday in Chicago, Obama's home turf.

"Such a statement betrays the depth of Senator Obama's inexperience and reckless judgment. These are very serious deficiencies for an American president to possess," McCain said in an appearance at the restaurant industry's annual meeting.

He was referring to comments Obama made Sunday in Pendleton, Ore.: "Iran, Cuba, Venezuela — these countries are tiny compared to the Soviet Union. They don't pose a serious threat to us the way the Soviet Union posed a threat to us. And yet we were willing to talk to the Soviet Union at the time when they were saying, 'We're going to wipe you off the planet.'"



JEFF CHIU/AP

John McCain, above, accused Barack Obama of reckless judgment Monday for saying Iran does not pose the same threat to the U.S. as the old Soviet Union did.

Responding to McCain, Obama told a town hall rally later Monday in Billings, Mont., "Let me be absolutely clear: Iran is a grave threat." But the Soviet Union posed an added threat, he said. "The Soviet Union had thousands of nuclear weapons, and Iran doesn't have one."

Obama said the threat from Iran had grown as a result of the U.S. war in Iraq. "Iran is the biggest single beneficiary of the war in Iraq," he said. "John McCain wants to double down that failed policy." If McCain is elected, Obama said, "We'll keep talking tough in Washington, while countries like Iran ignore our tough talk."

At the heart of the dispute between the candidates is Obama's assertion that, as president, he would meet with leaders of these rogue countries without preconditions. (AP)

Analysis Identifies Teen Sex Myth

Study: Youths are not engaging in oral sex to preserve virginity

HEALTH | Contrary to popular belief, teens do not appear to commonly engage in oral sex as a way to preserve their virginity, according to the first study to examine the question nationally.

SECOND LOOK

→ Earlier research had suggested oral sex was increasing among teenagers as an alternative to intercourse, but those studies were based on small samples or anecdotal reports. The new study used data from a nationally representative sample.

The analysis of a federal survey of more than 2,200 males and females aged 15 to 19, which was released on Monday, found that more than half reported having had oral sex. But those who described themselves as virgins were far less likely to say they had tried it than those who had had intercourse.

"There's a popular perception that teens are engaging in serial oral sex as a strategy to avoid vaginal intercourse," said Rachel Jones of the Guttmacher Institute, a private, nonprofit research organization based in New York, who helped conduct the study. "Our research suggests that's a misperception."

In addition to the implications for sex-ed classes, the findings indicate that parents should talk with their children more about a variety of sexual activities, experts said.

ROB STEIN (THE WASHINGTON POST)

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Nation

4 | **The number of Philadelphia police officers** who will be fired for their roles in the beatings of three shooting suspects that were caught on video tape, the city's police commissioner said.

Sect Hearings Under Way

Judges must decide whether parents can regain custody of kids

SAN ANGELO, TEXAS | Children from a polygamist sect were the only subjects on the docket Monday at a west Texas courthouse where five judges began handling hundreds of hearings that attorneys for the children's parents decried for their cookie-cutter approach.

State child welfare officials gave each of the more than 460 children in state custody the same template plan for parents to follow, and judges made few changes. But parents remained without answers to important questions, including whether a requirement that the children live in a "safe" environment means they can't return to the Yearning For Zion Ranch.

Donna Guion, an attorney for the mother of a 6-year-old son of the sect's jailed prophet, Warren Jeffs, complained the plans were so vague they would be impossible to satisfy and were contingent on psychological evaluations likely to take weeks more to complete.

TONY GUTIERREZ/AP

Members of the Fundamentalist Church of Jesus Christ of Latter Day Saints follow attorneys into the Tom Green County courthouse in San Angelo, Texas.

"This plan is so vague and so broad that my client has no idea what she can do now," Guion said of the boy's mother.

Dozens of mothers and fathers arrived at the Tom Green County courthouse hoping to learn what exactly they must to do regain custody of their children.

"What the parents are trying to find out here is what they need to do to get their children back, and there's no clear answer to that," said Rod Parker, spokesman for the Fundamentalist Church of Jesus Christ of Latter Day Saints. (AP)

WWII Internees Recognized With College Degrees

SEATTLE | More than six decades after they were forced to leave college, about 450 Japanese-Americans interned during World War II have been awarded honorary degrees ny the University of Washington.

Relatives wept during the ceremony Sunday to honor the students, who were among 120,000 ethnic Japanese who were relocated in 1942 under the executive order signed by President Franklin D. Roosevelt.

The degrees were presented to at least 65 surviving former students, mostly in their 80s, and 110 relatives representing others who had died or were unable to attend.

"It still seems like a nightmare to me," said recipient Teru Nakata Kiyohara. (AP)

Superdelegate Byrd Endorses Sen. Obama

Senator says candidate has qualities needed to end the Iraq war

WASHINGTON | Sen. Robert C. Byrd, a former member of the Ku Klux Klan and a one-time opponent of civil rights legislation, endorsed Barack Obama for the Democratic presidential nomination on Monday.

Byrd's support comes almost a week after the Illinois senator's 41-point loss to Hillary Rodham Clinton in the longtime lawmaker's home state of West Virginia.

Byrd said he had no intention of getting involved while his state was in the midst of a primary. "But the stakes this November could not be higher," he said in a statement.

Byrd said Obama has the qualities to end the Iraq war, which he has strongly opposed.

"I believe that Barack Obama is a shining young statesman who possesses the personal temperament and courage necessary to extricate our country from this costly misadventure in Iraq," Byrd said.

Byrd

Byrd has repeatedly apologized for his time in the Ku Klux Klan, which he joined as a young man in the 1940s. Byrd is the third West Virginia superdelegate to endorse Obama, joining Sen. Jay Rockefeller and U.S. Rep. Nick Rahall. (AP)

Nation

AP FILE

A Myanmar resident examines houses destroyed by Cyclone Nargis in this file photo. The disasters in Myanmar and China have generated just a trickle of U.S. aid.

Charities Detect 'Disaster Fatigue'

Catastrophes in China and Myanmar prompt little giving in U.S.

NEW YORK | The numbers are almost too large to fathom, so many Americans stop trying. As bodies pile up in disaster after global disaster, even the most sympathetic souls can turn away.

Charities know this as "donor fatigue," but it might be more accurately described as disaster fatigue — the sense that these events are never-ending, uncontrollable and overwhelming. Experts say it is one reason Americans have contributed relatively little so far to victims of the Myanmar cyclone and China's earthquake.

"Hearing about too many disasters makes some people not give at all, when they would have if it had been just one disaster," says Michal Ann Strahilevitz, who teaches marketing at Golden Gate University and specializes in the factors at play in charitable giving.

Compared with disasters like the Asian tsunami and Hurricane Katrina, those in China and Myanmar have generated just a trickle of aid. As of Friday, Americans had given about $12.1 million to charities for Myanmar, according to the Center on Philanthropy at Indiana University.

A number of factors may be at play in the slow American response, including a lack of sympathy for the repressive governments involved, doubts about whether aid will get through, and an inclination to save because of shaky economic times.

> "Hearing about too many disasters makes some people not give at all."
>
> MICHAL ANN STRAHILEVITZ

But Americans may have also been influenced by the quick succession of monumental catastrophes in two distant lands. At least 130,000 people are dead or missing from the Myanmar cyclone, and more than 34,000 from China's earthquake.

"For the vast number of Americans, if they just gave to some disaster far away and then another disaster happens, in their mind that's clumped as 'faraway disaster,'" Strahilevitz says. "So they will feel, 'I just gave to a faraway disaster.'" LISA TOLIN (AP)

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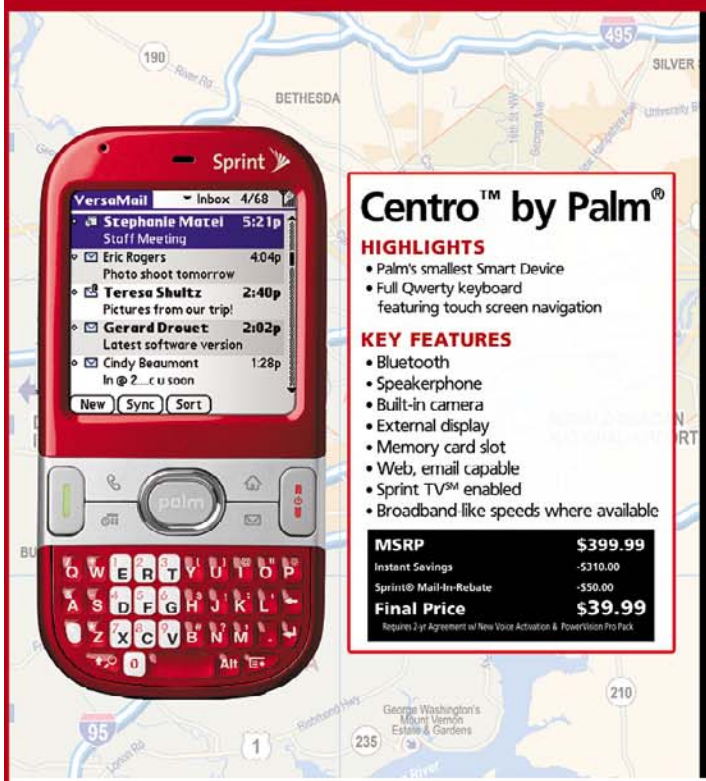

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World

"This century should be [a] century of dialogue. Any problem can be solved through dialogue, not using force."

—**The Dalai Lama,** in a speech in front of 5,000 at Berlin's Brandenberg Gate on Monday.

In Brief

CARACAS, VENEZUELA

Venezuela Seeks Explanation For Airspace Violation by U.S.

Venezuela wants the U.S. ambassador to explain a violation of its airspace by a U.S. Navy plane, the country's foreign minister said Monday. The U.S. plane was detected in Venezuelan airspace Saturday near the Caribbean island of La Orchila, Defense Minister Gen. Gustavo Rangel Briceno said. The Navy S-3 Viking may have accidentally crossed into Venezuela's airspace while experiencing navigational problems, a U.S. official said. (AP)

BEIRUT, LEBANON

Lebanese Peace Negotiation In Qatar on Brink of Collapse

Talks between rival Lebanese factions teetered near collapse Monday, as Arab League mediators in Qatar pressed the parties to resolve the political strife that erupted into bloody violence and pushed the country to the brink of a new civil war. Pro-government groups and the Hezbollah-led opposition are trying to negotiate a national unity government and a new parliamentary election law meant to ease 18 months of political deadlock. (AP)

GENEVA

WHO Head Urges Building Disaster-Proof Hospitals

The disasters in China and Myanmar underscore the need to improve construction of hospitals and schools so they can withstand earthquakes, the head of the U.N. health agency said Monday. Margaret Chan, director-general of the World Health Organization, said spending more on construction could mean the difference between a building's survival and collapse when disasters strike. (AP)

GETTY IMAGES/CHINA PHOTOS

People cheer during in a tribute to victims of last week's earthquake, which killed at least 34,000 people, in Chengdu, China.

China Mourns Quake Dead

Warning of aftershock causes people to panic after national tribute

BEIJING | Everything stopped but the tears.

For three minutes Monday, bustling China came to a standstill as its more than 1 billion people remembered the more than 34,000 killed a week ago in the worst earthquake to hit the country in three decades.

The unprecedented display of mourning began at 2:28 p.m., the moment the magnitude-7.9 earthquake struck on May 12. Air-raid sirens and horns from cars, ships and trains blared to signal everyone to stand still — from the broad boulevards of Beijing to the shattered streets of Sichuan province.

ANDY WONG/AP

Earthquake survivors read about their collapsed school in Mianyang, China.

Traffic froze, with drivers standing beside their cars. Soldiers lined up at attention. People bowed in respect for the dead, with some breaking out in sobs. Rescuers briefly halted work in the disaster zone, where hope of finding more survivors was fading.

For jittery survivors, the respite was brief. Later Monday night, a televised government warning of a major aftershock sent thousands of residents of the disaster zone running into the darkened streets of Chengdu and other towns.

They carried pillows, blankets and chairs from homes into the open or slept in cars after a statement from the National Seismology Bureau was read on television warning that there was a "rather great" chance of an aftershock measuring magnitude 6 to 7. Such jolts could cause major damage. ANITA CHANG (AP)

Agony of surviving: For a video about the difficult search for victims' remains, visit **washingtonpost.com.**

Ambush Kills 11 on Iraqi Bus

Officials announce arrest of suspected al-Qaeda in Iraq head

BAGHDAD | Suspected Sunni insurgents ambushed a minibus carrying Iraqi police recruits near the Syrian border Monday, killing all 11 passengers, Iraqi officials said — the first deadly attack since Iraqi forces launched a major sweep against al-Qaeda fighters in the region.

The hail of gunfire came hours after Iraqi officials said they arrested a man suspected of being al-Qaeda in Iraq's leader in Mosul, the terror network's most prominent urban stronghold. The U.S. military said it was looking into the report. Reports of high-level al-Qaeda in Iraq arrests in the past have sometimes proven inaccurate.

The attack, the bloodiest in months against police, left the minibus riddled with bullets in the desert west of Mosul, where the crackdown has been centered. Some al-Qaeda fighters are believed to have fled the city toward neighboring Syria. (AP)

HEARSAY | HAMAS

"I think ... we're not the only ones to have contacts of this type — just to inform ourselves."

—BERNARD KOUCHNER, FRENCH FOREIGN MINISTER, ON FRANCE'S CONTACTS OVER "SEVERAL MONTHS" WITH THE PALESTINIAN MILITANT GROUP HAMAS, WHICH WERE DISCLOSED MONDAY.

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LET THEM EAT CAKE: When she left the throne in 1980, Queen Juliana of the Netherlands wanted cake to be given to all the country's prisoners, according to a new book.

World

Myanmar Lets in New Aid

Asian neighbors will oversee aid distribution to cyclone survivors

YANGON, MYANMAR | Myanmar's junta, facing global outrage for spurning international assistance, appeared to relent Monday, saying it would allow its Asian neighbors to oversee the distribution of foreign relief to cyclone survivors.

It also approved a visit by U.N. Secretary-General Ban Ki-moon and prepared to host a meeting of aid donors, while claiming that losses from the May 2-3 disaster exceeded $10 billion.

A three-day official period of mourning was to begin Tuesday for the dead, which numbered more than 78,000, according to official figures. Another 56,000 people are missing.

Conditions, especially in the hard-hit low-lying Irrawaddy Delta, remain precarious for survivors, who face disease, malnutrition and exposure to the elements.

Heavy rain fell again Monday, said the International Federation of Red Cross and Red Crescent Societies, noting that such weather can provide clean water for those able to catch the downpour.

"However, the rain for many others simply adds to the misery as they look forward to their 18th night in often wretched conditions," the agency said.

The organization added that there seemed to be problems even at some of the temporary relief camps set up by the government.

Myanmar promised its Southeast Asian neighbors Monday that it would let them oversee and help distribute foreign assistance.

In Singapore, an emergency meeting of foreign ministers from the Association of Southeast Asian Nations agreed to set up a task force for distributing aid. (AP)

AP

Cyclone survivors wait to receive donated goods in Yangon, Myanmar.

CYCLONE VIDEO IS SOLD ON BLACK MARKET

➜ Raw footage of the death and destruction caused by Cyclone Nargis has become highly sought-after contraband on Myanmar's black market.

➜ In contrast to mostly upbeat images of the cyclone aftermath released by the country's state media, the unauthorized videos show hungry survivors squatting on roadsides, corpses floating in flooded waters and injured survivors being helped by villagers.

SEOUL, SOUTH KOREA | GROWN-UP GESTURES

JUNG YEON-JE/AFP/GETTY IMAGES

RITE OF PASSAGE: Young women in traditional clothing make a formal deep bow during a Coming-of-Age Day ceremony to mark their adulthood in Seoul, South Korea, on Monday. The ceremony confirms 20-year-olds as adults.

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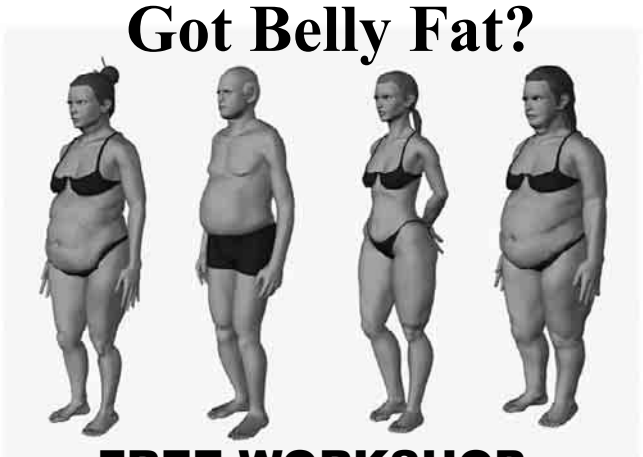

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World

TOURISM NOT A 'FAVORITE THING': The hills are alive ... with the sound of protest. Plans to run a hotel out of a former Austrian home of the von Trapp family immortalized in the movie "The Sound of Music" have triggered fierce resistance from neighbors who fear tourists will tie up traffic and make a nuisance of themselves.

Violence Spreads in S. Africa Slums

Anti-foreigner clashes focus attention on lack of jobs, homes, schools

REIGER PARK, SOUTH AFRICA | Clashes pitting the poorest of the poor against each another have focused attention on complaints that South Africa's post-apartheid government has not delivered enough jobs, housing and schools to go around.

Police brought in reinforcements as violence hopped from slum to slum in scenes reminiscent of the bloodiest days of apartheid. Most of the victims were foreigners in squatter camps.

Archbishop Desmond Tutu made an impassioned plea Monday for the violence to end. "Please stop. Please stop the violence now," he said in a statement. "These are our sisters and brothers."

JEROME DELAY/AP

A man throws rocks at police in Johannesburg, South Africa, on Monday. Police brought in reinforcements as a wave of anti-foreigner violence spread in slums.

Tutu said that when South Africans were fighting against apartheid, they had been supported by people around the world, and particularly in Africa.

"We can't repay them by killing their children. We can't disgrace our struggle," he said.

South Africans are struggling to buy food as prices rise. Unemployment is at 23 percent, and many complain the government hasn't worked fast enough to build houses, schools and hospitals for the long-neglected black majority.

Foreigners have been targeted because they are seen as competing for scarce resources. Police spokesman Govindsamy Mariemuthoo said that since the violence broke out last week, 22 people had been killed. DONNA BRYSON (AP)

Zimbabwe Party: Military Plotting To Kill Candidate

NAIROBI, KENYA | Zimbabwe's opposition party on Monday accused the country's military of plotting to assassinate presidential candidate Morgan Tsvangirai using snipers.

Tsvangirai

The Movement for Democratic Change said Tsvangirai planned to return to Zimbabwe to contest the June 27 runoff election once security measures are in place to protect him.

The opposition said it had received details of the alleged assassination plot on Saturday while Tsvangirai was in Johannesburg, South Africa. (AP)

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Money

Poll: Air Service 'Dismal'

Fliers give airlines lowest grades for quality since 2001

CHICAGO | Passenger dissatisfaction with airlines' customer service has sunk to its lowest level in years at a time when carriers are charging more and more for tickets and services.

An annual survey being released Tuesday by the University of Michigan found customers giving airlines the worst grades since 2001, with the industry's overall scores dropping for the third straight year.

United Airlines and US Airways Group Inc., which are in talks to potentially combine into a single carrier, finished next to last and last, respectively, in the university's American Customer Satisfaction Index.

Continental Airlines Inc. and US Airways Group Inc. registered the biggest declines from 2007, both experiencing double-digit percentage drops.

A familiar bright spot in the results was Southwest Airlines Co., which led the industry in passenger satisfaction for the 15th consecutive year.

While unhappiness with airlines is nothing new, this year's survey produced "really dismal numbers," said Claes Fornell, a University of Michigan business professor and director of the research center that compiled the data.

About 26,000 people responded to the survey during the first quarter of this year, rating their level of satisfaction as customers of companies in a variety of industries, including airlines. DAVE CARPENTER (AP)

DISSATISFIED

- An American Customer Satisfaction Index, on a scale of 1 to 100, was created for the survey based on the responses to questions about overall satisfaction.
- The index for the airline industry as a whole fell to 62 from 63 last year, barely above its historical low of 61 in 2001. Southwest led the way with an index of 79.

Home Retailer Takes Earnings Hit

18% profit decrease for Lowe's reflects economic turmoil

CHARLOTTE, N.C. | If you are looking for a sign the economy is in need of repair, you can find it at Lowe's.

A struggling economy and continued turmoil in the housing market drove the nation's second-biggest home improvement retailer to report a nearly 18 percent drop in first-quarter earnings from a year earlier and lower its guidance for the year on Monday.

Investors may see similar results from larger rival Home Depot Inc., which is expected to post a lower first-quarter profit on Tuesday.

"It's been a challenging sales environment," said Lowe's Chairman and Chief Executive Robert A. Niblock. (AP)

TOM MIHALEK/AP

The nation's housing problems are pushing down sales at Lowe's Cos.

Market Action

New York Stock Exchange

Gainers

STOCK	LAST	DAILY CHANGE	DAILY PERCENT CHANGE
Aventine	6.05	+1.24	+25.8
VeraSun	7.35	+1.16	+18.7
EnerSys	33.57	+4.06	+13.8
Mastec	11.27	+1.20	+11.9
GpoRadio	12.52	+1.31	+11.7

Losers

BeazerHm	8.14	-1.02	-11.1
OrientFn	17.32	-1.93	-10.0
IDT Cp C	2.85	-.29	-9.2
FstMarblhd	2.99	-.29	-8.8
ImperCapB	10.94	-1.05	-8.8

NASDAQ Stock Market

Gainers

STOCK	LAST	DAILY CHANGE	DAILY PERCENT CHANGE
PacEthan	5.14	+1.94	+60.6
ChinaPStl	7.96	+1.99	+33.3
Syntroleum	2.45	+.58	+31.0
CalumetSp	14.11	+2.55	+22.1
Iomai	6.40	-.03	-0.5

Losers

PinnGasR	2.82	-1.19	-29.7
TeamStff rs	2.05	-.45	-18.0
SRISurg	3.30	-.69	-17.2
Ivivi	2.11	-.41	-16.3
TEL Off	29.34	-5.07	-14.7

DOW	NASDAQ	S&P 500
+41.36	-12.76	+1.28
+0.32	-0.50	+0.09
13028.16	2516.09	1426.63

Biotech Stocks

STOCK	LAST	DAILY CHANGE	YEAR TO DATE PERCENT CHANGE
Amgen	42.34	+.31	-8.8
Amylin	31.95	-.20	-13.6
BiogenIdc	62.75	-.75	+10.2
BioMarin	39.37	+.54	+11.2
Celgene	59.97	-1.12	+29.8
ChRvLab	65.00	-.03	-1.2
Genentch	70.20	+.01	+4.7
Genzyme	68.94	-.14	-7.4
GileadSci s	53.22	+.13	+15.7
Illumina	79.04	+.76	+33.4
Imclone	41.89	+.17	-2.6
Invitrogn	92.87	-.56	-.6
MillPhar	24.97	...	+66.7
QIAGEN	21.70	-.10	+3.1
VertxPh	27.48	-.18	+18.3

Rates

	CURRENT	PREVIOUS WEEK
Prime Rate	5.00	5.00
Fed Funds close	1.94	1.94
3-month disc	1.855	1.80
2-year	2.39	2.27
10-year	3.83	3.77
30-year	4.57	4.52

Currency (Dollars in foreign currency)

	TODAY	PREVIOUS DAY	YEAR AGO
British Pound	.5133	.5112	.5065
Canadian Dollar	.9920	1.0004	1.0900
European Euro	.6445	.6417	.7405
Japanese Yen	105.26	104.17	121.15
Mexican Peso	10.3734	10.4058	10.8000
Taiwanese Dollar	30.58	30.77	33.48

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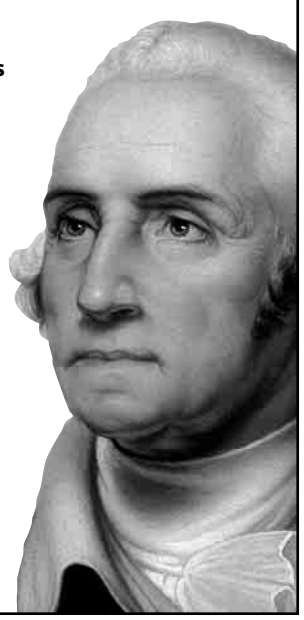

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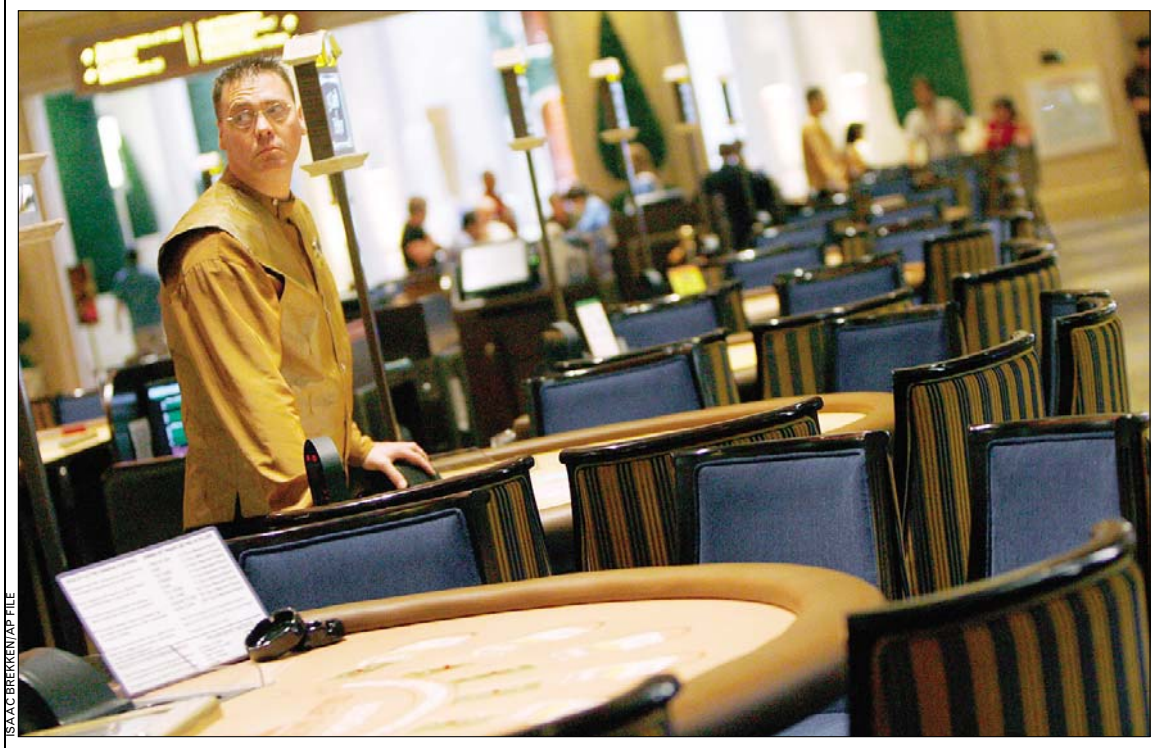
Money

38 **The number of people** charged Monday in a global crime ring based in Romania that allegedly stole Social Security numbers and credit card data from thousands of Internet users.



ISAAC BRECKKEN/AP FILE

A dealer waits for gamblers at the Palazzo Hotel & Casino in Las Vegas. The number of tourists there has declined recently.

Tourism Slump Expected

Travel industry braces for decline as visitors stay closer to home

WASHINGTON | It seemed like a can't-miss tourist attraction that would pull in visitors to the nation's capital: a new Madame Tussauds wax museum.

But since opening last fall, the attraction hasn't been a big draw. Crowds dwindled after the opening, and Madame Tussauds is cutting prices.

In a soft economy, Madame Tussauds and other tourism attractions are starting to feel the pinch.

"We're really in kind of tenuous territory," said Suzanne Cook, research vice president at the Travel Industry Association.

A new Rand McNally survey says two-thirds of Americans planning road trips this summer are either altering their plans to shorten their trips or canceling altogether. AAA predicted the number of Americans planning to drive more than 50 miles over Memorial Day weekend is down by 1 percent.

In the casino capital of Las Vegas, things already are tough.

Room occupancy rates have fallen slightly, forcing casinos to lower hotel room prices. Gambling giant MGM Mirage Inc. and local casino operator Station Casinos have cut their work forces. Las Vegas Sands unexpectedly swung to a loss of $11.2 million in the first quarter of the year.

With the summer months fast approaching, tourism officials are waving discounts, freebies and other marketing ploys to draw visitors who might be reluctant to open their purse strings, especially outside major cities.

In Rehoboth Beach, Del., innkeepers are advertising free gas cards with a reservation or an extra night for free.

Just south of Washington, George Washington's Mount Vernon estate in Virginia has created a discount promotion with the Corcoran Gallery of Art to tie in with the exhibit "The American Evolution: A History Through Art." A ticket purchased at one attraction is worth a half-price discount at the other.

"We're interested to see if it might bring out people who just need that extra little push," said Emily Coleman Dibella, Mount Vernon's spokeswoman. BRETT ZONGKER (AP)

JACQUELYN MARTIN/AP

Visitors wait in line at Mount Vernon, which is using promotions to lure travelers.

ANIMAL TRACKERS: The Smithsonian Institution is expected later this week to release its plan for improvements at the National Zoo. The plan calls for an aerial tram across the zoo, new visitor centers and expanded exhibits. The tram would stop at the zoo's four entry gates.

Local

IN The Washington Post | SUBURBAN CHILD OBESITY

CAROL GUZY/TWP

WEIGHED DOWN: Devlin McDonnel's father tries to wake him from a nap at his home in Centreville, Va., on April 30. Devlin was exhausted from a weekend Boy Scout camping trip. After Devlin gained several pounds in three months, his mother searched for a weight-loss program, but found only adult programs. ✣ **Help the kids:** Experts say there aren't enough community weight loss programs for children in the D.C. suburbs. | **Today's Metro**

MORTGAGE HEALTH: Virginia officials are holding a series of regional mortgage clinics to help residents avoid home foreclosure. Gov. Tim Kaine says the clinics will be sponsored by the Virginia Foreclosure Prevention Task Force. The state is holding the 90-minute clinics next month in Richmond, Virginia Beach, Roanoke, Chantilly and Woodbridge.

Va. Execution Stay Lifted

Supreme Court clears way for officials to set lethal injection date

RICHMOND, VA. | The U.S. Supreme Court cleared the way Monday for officials to set an execution date for Virginia death row inmate Christopher Scott Emmett, who is challenging the state's lethal injection method in a federal appeals court.

Emmett, 36, is sentenced to die for the 2001 bludgeoning death of a co-worker in Danville. The Supreme Court halted Emmett's execution in October while it considered the constitutionality of lethal injection.

The court upheld Kentucky's lethal injection procedure last month, but Emmett claims Virginia's method is unconstitutional because it does not ensure sufficient anesthesia before the paralyzing and heart-stopping drugs are administered.

SCHEDULED NEXT

→ Virginia's next scheduled execution is May 27, when Kevin Green is scheduled to die for killing a Brunswick County convenience store owner during a robbery in 1998.

Emmett still has other legal options to halt the execution. A three-judge panel of the 4th U.S. Circuit Court of Appeals heard oral arguments in Emmett's case last week, and attorneys expect a decision within 60 days.

Emmett's attorney, Matthew Hellman, said he would seek another delay of the execution if the date is scheduled before the appeals court rules.

"The court was very active and engaged in asking questions," Hellman said of last week's hearing. "I expect they're going to be on top of it." LARRY O'DELL (AP)

Woman Pleads Guilty in D.C. Tax Refund Case

GREENBELT, MD.| A Maryland woman pleaded guilty Monday in federal court in connection with an alleged tax refund embezzlement scheme run by former members of the District of Columbia's tax office.

Marilyn Yoon, 40, of Derwood faces a possible 10 years in prison for her guilty plea to possession of more than $526,000. Federal authorities say the money came from at least $50 million stolen over seven years by workers in the city's tax office. According to a plea agreement, Yoon met the alleged ringleader, Harriette Walters, when Walters came to shop at the Tysons Corner Louis Vuitton store where Yoon worked as a saleswoman in 2000. (AP)

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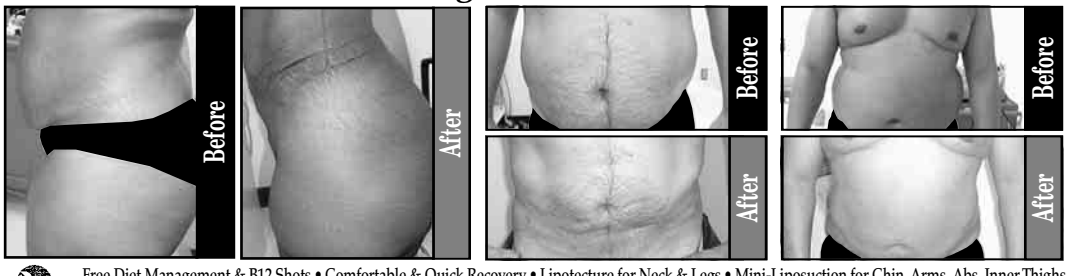

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Local

13 **The amount, in dollars,** that D.C.-area residents spend on their daily commute, according to a Forbes Magazine study. That figure ranks third in the U.S. behind Atlanta and Riverside, Calif.

MetroAccess Is Criticized

Paratransit service sees increased complaints on eligibility process

Nadia Ibrahim, a policy adviser for the Labor Department, gets to work from her Rockville home by taking MetroAccess, a paratransit service operated by Metro. Ibrahim, who has cerebral palsy, uses a wheelchair and a service dog. Her disability is permanent.

But every three years, she must go through a time-consuming process that will cost Metro more than $1 million this year to prove a basic fact of life for her and thousands of other riders: Her disability makes it difficult for her to ride Metrorail or Metrobus and therefore qualifies her for curb-to-curb MetroAccess service.

"I find it sort of insane that you take MetroAccess to get recertified to show that you need MetroAccess," said Ibrahim, 37. "It's a process that doesn't make logical sense."

Metro officials said the process is necessary because eligibility for the federally mandated shared-ride service depends on a person's physical ability.

People do not automatically qualify just because they have a permanent disability.

But faced with mounting customer complaints, MetroAccess officials said they want to find ways to streamline the process.

"We are considering broader changes to the application and eligibility assessment process for the coming year, but they will require a substantial amount of public discussion, planning and, in some cases, board approval before they will be implemented," said Christian Kent, Metro's chief of of disability services, which includes MetroAccess.

LENA H. SUN (THE WASHINGTON POST)

KATHERINE FREY/TWP

MetroAccess rider Nadia Ibrahim, 37, of Rockville, Md., has uses a wheelchair and service dog. Every three years she has to prove she is eligible to use MetroAccess.

Man Pleads Insane in Kids' Deaths

Md. father accused of drowning children to be evaluated for trial

The Montgomery County man accused of drowning his three children in a hotel room in Baltimore pleaded "not criminally responsible" Monday, invoking Maryland's version of the insanity defense.

Mark Castillo, 41, did not speak during an appearance Monday morning in circuit court in Baltimore. A judge ordered that he be evaluated by doctors.

Castillo

Castillo is charged with first-degree murder in the March deaths of the children: Anthony, 6, Austin, 4, and Athena, 2.

According to charging documents, Castillo told investigators he drowned the children one by one at a hotel near the Inner Harbor.

He said he swallowed 100 Motrin tablets and stabbed himself in the neck with a steak knife. He became unconscious and woke up 19 hours later, realizing his suicide attempt had failed, the documents say.

He told investigators he killed the children 2 1/2 hours before he was required to return them to his wife under a visitation agreement worked out in court, authorities have said.

In court this morning, Castillo wore a white polo shirt and jeans. As the charges and the names of the children were read aloud, he shook and appeared to weep. RAYMOND MCCAFFREY (THE WASHINGTON POST)

The Lotteries

Monday, May 19

DISTRICT

Mid-day Lucky Numbers	4-3-0
Evening Lucky Numbers (Sun.)	1-5-8
Mid-day DC 4	6-5-6-9
Evening DC 4 (Sun.)	4-0-1-8
Rolling Cash Five (Sun.)	8-14-16-18-34
Daily 6 (Mon.)	4-8-15-22-23-35 Bonus: 38

MARYLAND

Mid-day Pick 3	5-8-6
Evening Pick 3 (Sun.)	8-3-9
Mid-day Pick 4	7-5-1-7
Evening Pick 4 (Sun.)	4-0-7-7
Match 5 (Sun.)	12-14-22-25-34 Bonus: 4

VIRGINIA

Mid-day Pick 3	9-4-8
Evening Pick 3 (Sun.)	9-4-3
Mid-day Pick 4	8-9-9-8
Evening Pick 4 (Sun.)	9-9-0-1
Mid-day Cash 5	13-14-19-27-29
Evening Cash 5 (Sun.)	1-14-15-20-27

All winning numbers are official only when validated at a lottery ticket location or a lottery claims office.

"When I'm 43 years old, I'm hoping that people are talking more about the things I've done in the film business than what I did in football."

— **Dolphins defensive end Jason Taylor** to ESPN reporter Tom Friend.

Sports

Lakers Are Watching and Waiting

Health is top concern for L.A. in Western Conference finals

NBA PLAYOFFS | The time has come for another Los Angeles Lakers' team dinner and viewing party.

The question is, will Kobe Bryant pick up the tab again?

"As MVP, I think he's going to step up," Sasha Vujacic said.

"He's got to; you can't break tradition," Jordan Farmar said.

Added Luke Walton: "I don't know; he doesn't have to. He's already picked up two in a row. It has been good luck for us the last two times."

The Lakers gathered before the playoffs for a players-only dinner, and went on to sweep Denver in the first round. Bryant paid the bill.

Then, they got together May 2 to watch the final game of the Houston-Utah series. Bryant got the check again.

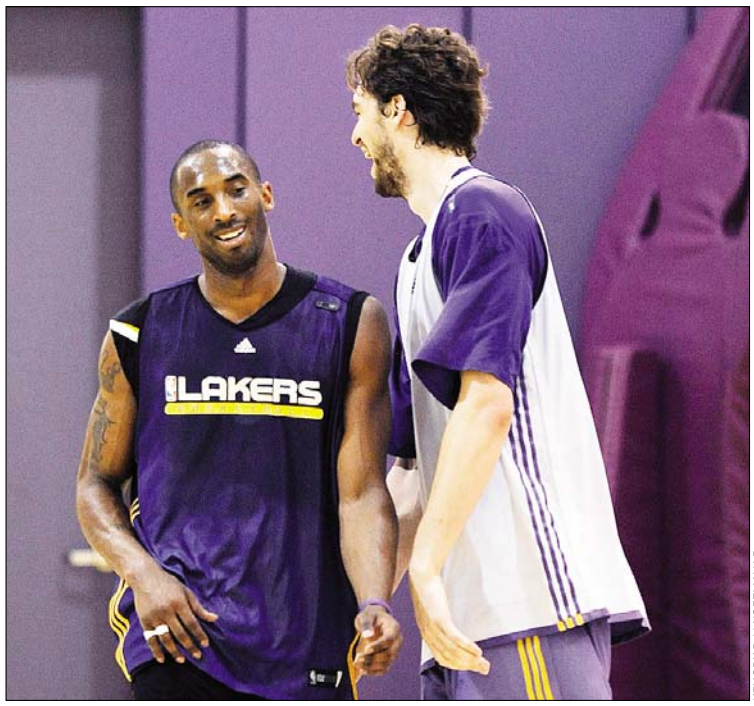
Having eliminated the Jazz in six games, the Lakers were set to watch Monday night's seventh game of the San Antonio-New Orleans series, which ended after Express' deadline, at a site to be determined to see who'll they face in the Western Conference finals, which begin Wednesday night at Staples Center.

Bryant wasn't around the team practice facility Sunday to discuss the matter, having been given the day off by coach Phil Jackson. Fellow starters Lamar Odom, Derek Fisher and Pau Gasol had the same option, but Gasol showed up for treatment on his ankle and back.

Except for Vujacic, the other Lakers took part in an informal workout of about 90 minutes that included conditioning, light scrimmaging and shooting.

Jackson said he had one concern at this stage.

"It's always going to be health, how healthy you are going into these series," the coach said. "This part, having two days off for the starters, having the other guys go through conditioning today, that's a good thing." JOHN NADEL (AP)



KEVORK DJANSEZIAN/AP

Kobe Bryant, left, and Pau Gasol joke around at practice before watching Monday's Game 7 between the Spurs and Hornets, which ended after Express' deadline.

Finals Countdown

➜ Get a breakdown of the Eastern Conference finals matchup between the Celtics and Pistons, plus analysis on Monday's Spurs-Hornets game, which ended after Express' deadline. | **Today, Sports**

IN The Washington Post

Swengali

NATIONALS | BY MATT SWENSON

Nats Must Win To Attract Fans

IS IT POSSIBLE that the Washington Nationals have already had their highlight of the year?

Willie Harris' thrilling game-saving catch in left field last Thursday against the Mets was about as good as it gets. For at least that split second, the monotony that defines this year's Nationals was gone.

Reality returned up north in Baltimore, where taking one of three from another rebuilding team was considered an accomplishment.

And you wonder why the Nats struggle to draw fans to a new stadium.

Yes, few franchises have had this sort of trouble achieving sell-outs in the first year of a new ballpark. Yet, few teams made as little an effort to field a winning team as the Nationals, who are back at their new home this week to face the Phillies and Brewers.

The future is certainly not now, so forgive fans for being patient about buying tickets.

The future is most certainly not now, so forgive fans for being patient about buying tickets — they are waiting for a competitive squad.

This city has shown it will cheer for a winner. The Capitals, who became the talk of the town in April, were among the NHL's worst in attendance until they turned around their fortune in January.

There is plenty more to do in the nation's capital than watch a boring team.

Harris' catch drew our attention for a brief moment. The Nats will have to do the same for an entire season to fill their beautiful stadium.

@ | To reach Matt Swenson, e-mail matt.swenson@readexpress.com

TODAY'S TV LINEUP

NBA PLAYOFFS (8:30 P.M. ON ESPN) Game 1 of the Eastern Conference finals between the Pistons and Celtics is in Boston, where the home team has won every game in the playoffs.

NATIONALS (7 P.M. ON MASN2) Nationals starter Jason Bergmann was dominant against the Mets in his last start. On Tuesday, he goes up against Cole Hamels.

ORIOLES (7 P.M. ON MASN) The O's are at Yankee Stadium, going up against Darrell Rasner, who last started on May 10.

NBA (8 P.M. ON ESPN) The NBA Draft Lottery gives one team a chance to choose between Derrick Rose and Michael Beasley.

MEET THE NATS: Outfielder Lastings Milledge will be at the downtown ESPN Zone at noon on Tuesday to sign autographs and take questions. Fans also will have a chance to win Nationals tickets.

Growth Spurt Has Pens in Cup Finals

Led by Sid the Kid, Pittsburgh shocked the NHL with its progress

NHL PLAYOFFS | Everybody in the NHL knew these Pittsburgh Penguins would be very good, and soon. How could a team with players as young and talented as Sidney Crosby, Evgeni Malkin, Marc-Andre Fleury and Jordan Staal not be?

This good, this soon? This dominating, and this determined to succeed? Hardly.

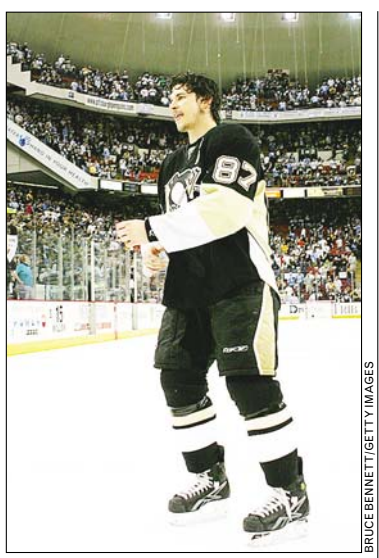
The Penguins didn't listen to all that speculation that a team built around so much youth needed another year or two to mature, gain experience and become wise with the ways of the NHL playoff world.

With a growth spurt like this, the rest of the NHL must be wondering if they can keep up.

The Penguins, whose core players barely average 21 years of age, blew through the Eastern Conference playoffs with only two losses in 14 games. Just as impressive, 10 of the 12 wins were by multiple-goal margins, even though most of these Penguins had previously won only one playoff game during their NHL careers.

Twelve playoff victories in a little more than a month's time. Two years ago, the Penguins won only 22 games during Crosby's rookie season.

"I don't think we had any expectations as far as I was concerned," said Crosby, the youngest captain in NHL history at age 20 when the season began. "I think we did everything in our control as players to have the right attitude and learn as much as we could, as quick as we could. We're lucky to have a mix of guys, with veterans and younger guys, that have really shown they can play, even early on in their careers." ALAN ROBINSON (AP)



BRUCE BENNETT/GETTY IMAGES

When the Penguins last played for the Stanley Cup in '92, Sidney Crosby was 4.

Late game: The Stars-Red Wings game ended after Express' deadline. Analysis at | **washingtonpost.com/sports**

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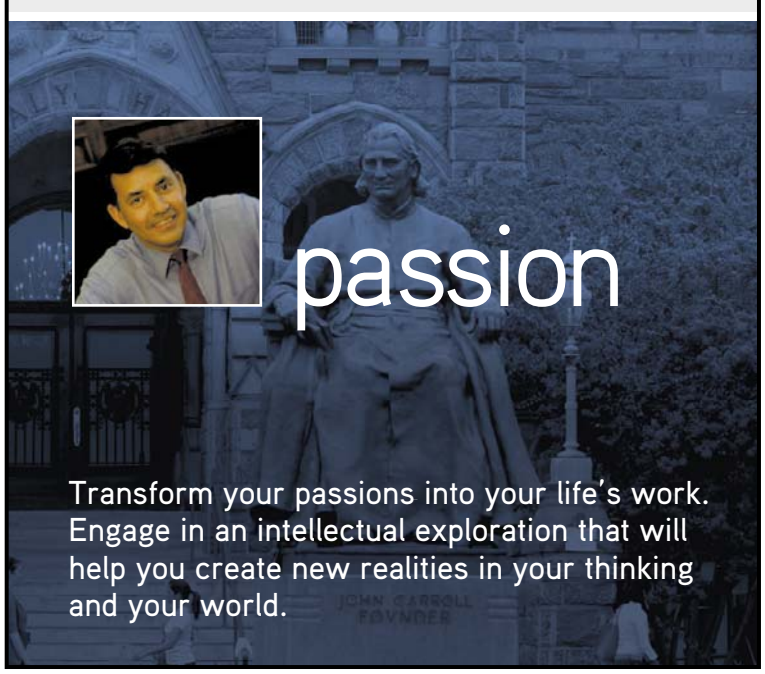

Sports

BACK IN ACTION: Tiger Woods intends to play in this year's Buick Open and will host a golf clinic at Comerica Park in Detroit on June 24, two days before the tournament begins.

Luck Be D'Antoni Tonight?

NBA teams pull out all the stops in hopes of a bump in the draft

NBA | Lucky Lefty and Larry Legend are the latest characters looking for a big score in New Jersey.

Mike D'Antoni will try to make the Knicks fortunate before he can make them good, and the Seattle SuperSonics are sending Kevin Durant in hopes of landing the next, well, Kevin Durant.

They are all expected Tuesday night at the draft lottery, the NBA's shortcut to go from loser to winner.

Just like last year, two stud freshmen are the top prizes. The Miami Heat have the best chance to win the right to choose between Michael Beasley and Derrick Rose, but history says they won't. Only twice, in 2003 and 2004, has the team with the best odds won under the current lottery format, which began in 1994.

That's why the other 13 teams headed to Secaucus, N.J., will do what they can to boost their hopes. The hometown Nets, back in the lottery for the first time since 2001, are sending team investor Shawn Carter, better known as rap mogul Jay-Z, to take their seat on the stage.

"This is very exciting, and I hope my nickname 'Lucky Lefty' holds up," he said.

The Nets have just a 1 percent chance of winning the No. 1 pick. Jay-Z will be seated next to Indiana Pacers president and Hall of Famer Larry Bird. Durant and Miami's Dwyane Wade are among the star players representing their fallen franchises.

The Knicks, with a lottery pick again after shipping top-10 choices to Chicago each of the last two years in the Eddy Curry trade, are sending new coach D'Antoni.

"I want Mike to come with me because he's lucky, they tell me," new president Donnie Walsh said. "We need somebody with luck. I haven't been lucky in that thing." (AP)

WHO'S THE FRONT-RUNNER?

The lottery determines the top three picks, with the rest of the spots made in inverse order of a team's record. So, no team can fall more than three spots:

- An NBA-worst 15-67, Miami, represented by Wade, left, has a 25 percent chance of picking first.
- Seattle has a 20 percent chance of getting the top pick, with Minnesota and Memphis at 14 percent.
- The odds meant nothing last year, when Memphis, Boston and Milwaukee — the teams with the three worst records — fell out of the top three.
- Indiana, Sacramento, Portland and Golden State are the four biggest long shots.

Still Depressed?

If you (or someone you know) have been diagnosed with major depression, you may be able to participate in this research study designed to decrease symptoms and better understand causes of depression. This study tests whether a new medication that targets a novel system called glutamate, compared with placebo, will be effective in improving depression. This is a 10-week inpatient study, in Bethesda, MD. After completion of the study the participant is given short-term treatment and transitioned back to the community. In addition, all research participation is without cost.

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• Be ages 18-55
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45 | **The number of tennis matches** since 2005 that an independent panel said should be investigated because of irregular betting patterns. The panel reviewed 73 suspicious matches.

Sports

Opportunistic O's on Top

Baltimore is winning with a group of players with low expectations

ORIOLES | They have been thrown together to rescue a franchise staggering through an agonizing run of futility. There isn't an undeniable All-Star in the bunch, and the majority of them have never experienced the feeling of contributing to a winning team.

This may not be the most talented or esteemed group of Orioles over the past decade, yet this team just might be the most spirited. And that means something, because the clubhouse at Camden Yards has long been a place where optimism dies.

Closer George Sherrill, one of five players obtained from the Seattle Mariners in the February trade for Erik Bedard, had every right to lament leaving a potential contender to a team in full rebuilding mode. But the left-hander has found happiness in Baltimore, where the formula for success begins with chemistry in the clubhouse.

NICK WASS/AP

Jay Payton, left, celebrates a grand slam with an Orioles teammates last week.

"I think it's better. Everybody in here is great, from top to bottom," he said. "There's a lot of guys in Seattle that weren't personable or anything. ... Here, it just seems like everybody's pulling for each other."

The Orioles have gotten off to a surprising 23-20 start. They have a league-leading 11 wins when trailing by at least two runs.

"Whether we're up 2-0 in the fourth or whether we're down 5-0 in the sixth, we still feel like we're still going to give ourselves a chance to win," second baseman Brian Roberts said. "That's probably a little different then it has been the last couple of years." DAVID GINSBURG (AP)

Have You Ever Experienced a Traumatic Event?

Have you:
- Been physically or sexually assaulted?
- Had a serious accident? • Felt your life was in danger?

Have you experienced any of these symptoms since the traumatic event?
- Difficulty getting rid of troubling images or thoughts of the trauma
- Flashbacks or nightmares • Avoiding people or places
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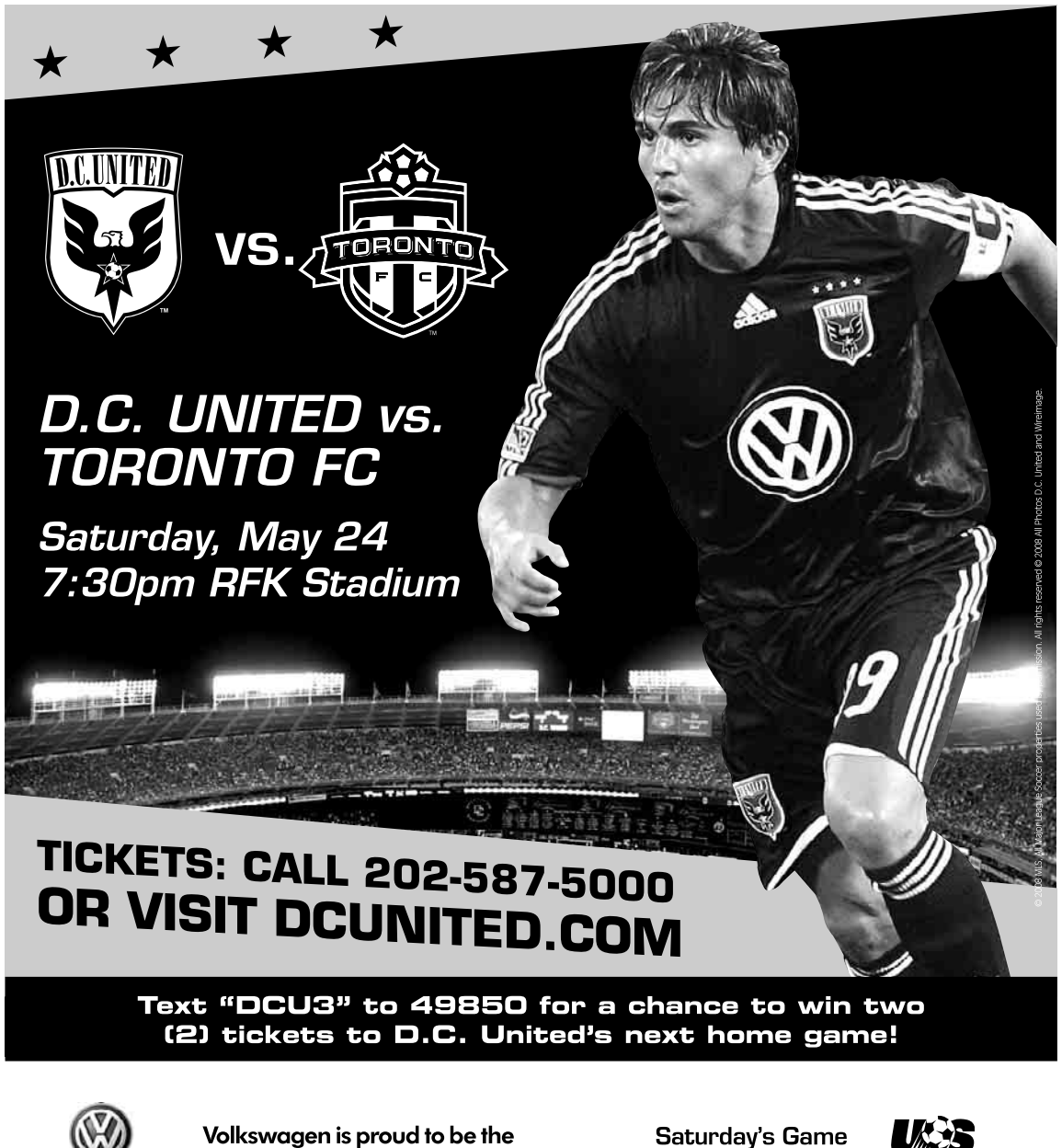

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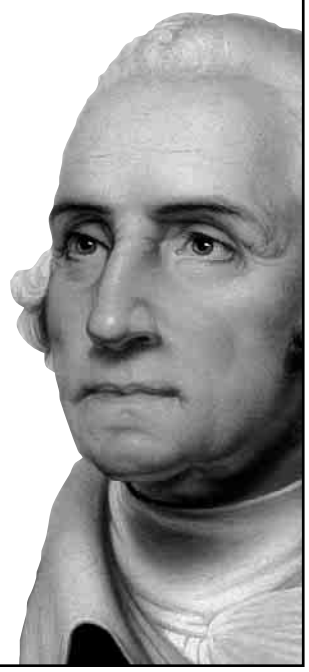

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CLAY PIGEON DUCKS OPEN: Andy Roddick withdrew from the French Open on Monday because of a right shoulder injury and hopes to be ready for Wimbledon. The top-ranked American (No. 6 in the world) lost in the first round at Roland Garros the last two years.

Amputee Eyes 2012 Games

Sprinter will compete for Beijing, but says delays hurt his chances

OLYMPICS | Double-amputee sprinter Oscar Pistorius thinks he might have a more realistic chance of qualifying for the 2012 Olympics than this summer's Beijing Games.

Pistorius returned to South Africa after the Court of Arbitration for Sport overturned an IAAF ruling that barred him from competing in the Olympics and other able-bodied events. The court said the 21-year-old's carbon fiber racing blades do not give him an unfair advantage over able-bodied runners.

Pistorius said Monday he will be competing in able-bodied meets to try to qualify for the Aug. 8-24 Beijing Games, but acknowledged it will be difficult to get into the proper shape. He said the London Olympics also are in his plans.

Pistorius

"The last five months have been extremely tiring," Pistorius said, adding that months of prosthetic testing, overseas travel and long conference calls had hampered his training. "But I have the opportunity now, so I might as well grab it with both hands."

Pistorius holds the 400-meter Paralympic world record of 46.56 seconds, but that time is outside the Olympic qualifying standard of 45.55. He acknowledges the chance of shedding a second off his time is slim and that he is now hoping to qualify for London.

"Realistically speaking ... I have a better chance of qualifying there because I haven't had the chance to train," he said. DEVON HAYNIE (AP)

MLB STANDINGS

THROUGH MAY 18'S GAMES

AMERICAN LEAGUE

EAST	W	L	PCT.	GB	HOME	ROAD
Boston	27	19	.587	—	17-5	10-14
Tampa Bay	25	19	.568	1	16-8	9-11
Baltimore	23	20	.535	2.5	14-7	9-13
Toronto	23	23	.500	4	10-9	13-14
N.Y. Yankees	20	24	.455	6	9-11	11-13
CENTRAL	**W**	**L**	**PCT.**	**GB**	**HOME**	**ROAD**
Chicago	23	20	.535	—	9-7	14-13
Cleveland	22	22	.500	1.5	14-12	8-10
Kansas City	21	22	.488	2	10-12	11-10
Minnesota	21	22	.488	2	14-10	7-12
Detroit	17	27	.386	6.5	8-12	9-15
WEST	**W**	**L**	**PCT.**	**GB**	**HOME**	**ROAD**
L.A. Angels	26	20	.565	—	14-11	12-9
Oakland	24	21	.533	1.5	12-9	12-12
Texas	22	23	.489	3.5	12-11	10-12
Seattle	18	27	.400	7.5	11-13	7-14

NATIONAL LEAGUE

EAST	W	L	PCT.	GB	HOME	ROAD
Florida	24	19	.558	—	13-11	11-8
N.Y. Mets	22	19	.537	1	12-9	10-10
Philadelphia	24	21	.533	1	13-11	11-10
Atlanta	22	21	.512	2	16-5	6-16
Washington	19	26	.422	6	10-11	9-15
CENTRAL	**W**	**L**	**PCT.**	**GB**	**HOME**	**ROAD**
Chicago	27	17	.614	—	19-8	8-9
St. Louis	26	20	.565	2	17-10	9-10
Houston	25	20	.556	2.5	11-6	14-14
Cincinnati	21	23	.477	6	14-9	7-14
Pittsburgh	21	23	.477	6	12-8	9-15
Milwaukee	20	24	.455	7	11-9	9-15
WEST	**W**	**L**	**PCT.**	**GB**	**HOME**	**ROAD**
Arizona	28	16	.636	—	19-8	9-8
L.A. Dodgers	22	21	.512	5.5	11-9	11-12
Colorado	17	27	.386	11	9-11	8-16
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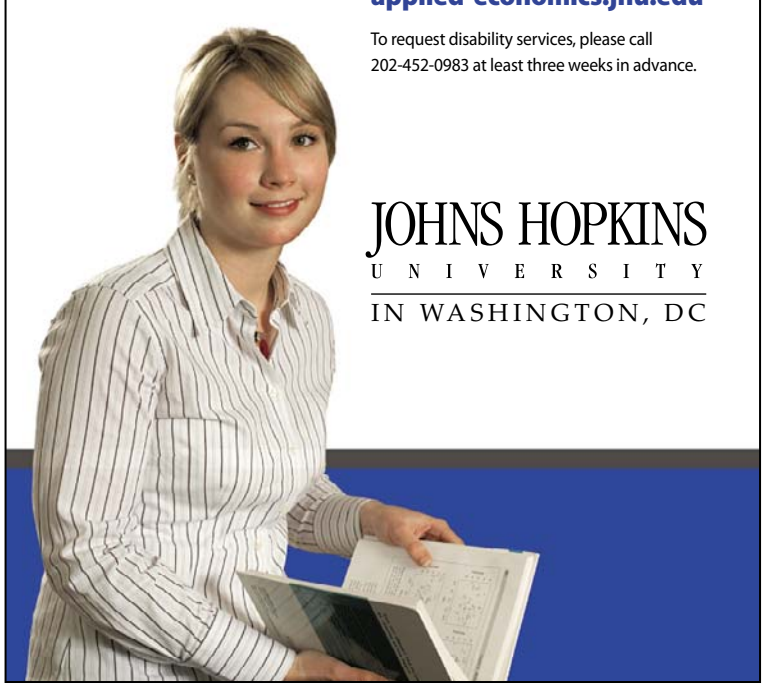

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Entertainment

OLD HABBITS DIE HARD: New Kids on the Block have expanded their tour after their original string of dates sold out in minutes. That's right, New Kids on the Block — Donnie, Joey, Danny, Jonathan and Jordan. What gives, "grown-up" ladies?

FOX

NAME THAT TUNESMITH: David Archuleta, left, and David Cook are riding a wave of popularity into tonight's "Idol" final.

Davids at Dusk

Fan faves Archuleta, Cook to duke it out for 'American Idol' title

CONCLUSIONS | They've got the same first name, a high level of fan support and unquestionably well-honed pipes.

Beyond that, "American Idol" finalists David Archuleta and David Cook couldn't be more different.

Take their all-important song choices. The 17-year-old Archuleta has carved out a niche as a pint-sized balladeer. He wowed fans and critics with John Lennon's "Imagine" and "Angels" by Robbie Williams but fell flat with preachy fare like Phil Collins' "Another Day in Paradise."

His most disastrous moment: forgetting the words to the Beatles' "We Can Work It Out."

Cook, 25, is best known for using tweaks in arrangement to put new spins on popular songs. His versions of Lionel Richie's "Hello," Michael Jackson's "Billie Jean" and the Beatles' "Eleanor Rigby" were particular crowd-pleasers.

His Achilles' heel? When he doesn't live up to his own hype. His bungled version of Duran Duran's "Hungry Like the Wolf" and his flat-line take on "Dare You to Move" by Switchfoot were low-water marks — the most recent of which took place just last week.

Their backgrounds are different, too. Cook released an indie album, but had recently been working as a bartender. Archuleta's a high schooler — who also happened to win Star Search at the tender age of 12.

Both Davids are treated to high-pitched screams when they amble onstage. And neither has officially wound up at the back of the pack in the "Idol" weekly voting tally.

readexpress.com

Which "Idol" David will win the day? Give your take at **readexpress.com/idol** — where you can also join an "Idol"-related live chat on Wednesday at 11 a.m.

One decision-making factor tonight will be the song both Davids will have to sing: the winner of the fan-submitted songwriting contest. Last year's tune — the godawful "This Is My Now" — sounded better coming from finalist Jordin Sparks than her cohort Blake Lewis. Sparks emerged the victor.

The judges can also play a role. If Randy Jackson, Paula Abdul or Simon Cowell heaps compliments or criticism on either David, that could motivate fans to vote in greater numbers. Obviously, the Davids' overall performances will also weigh heavily. So, no flubbing lyrics, guys.

Will the victor be the creative rocker or the angelic-voiced crooner? In just a few hours, that choice will be in America's hands.

GREG BARBER (EXPRESS)

A Buyer's Market for Art Films

If you're an indie flick, finding a distributor can be trying work

MARKETING | The Cannes Film Festival is filled with glamorous premieres and indulgent parties, but it's also a market for independently financed movies looking for a theatrical release. Not that long ago, the sellers of movies made outside the studio system knew that not only were there nearly a dozen forceful buyers competing for movies, but also that those distributors often were willing to roll the dice on less conventional fare. That's all changed in a hurry.

Two weeks ago, Warner Bros. unexpectedly closed its two specialized movie divisions, and the future of art-house distributor ThinkFilm ("Spellbound") looks uncertain.

Equally worrisome is what the sellers say is a growing lack of enthusiasm for movies that do not initially seem to be inherently marketable. But some of the very movies that turn out to be minor art-house hits were at first passed over because they were deemed uncommercial.

"You have to come in knowing that 30 percent or 40 percent of your movies are going to lose money," says Overture chief executive Chris McGurk. "But you're never going to get a 'Juno' or a 'Pulp Fiction' unless you take some chances."

JOHN HORN (LOS ANGELES TIMES)

FOX SEARCHLIGHT

Ellen Page in "Juno," a recent independent film embraced by the world at large.

Today's Top Stops

FOR MORE TOP STOPS AND ENTERTAINMENT FEATURES, VISIT READEXPRESS.COM

LAURA VEIRS

Earth Child

1 We're going to place singer-songwriter Laura Veirs in the environmental rock category, if it exists. Not necessarily because she's on the green train (although, who isn't these days?), but because she draws her influence from "the sky ... and a lot of stuff from the sea." She brings shimmering acoustics and poignant lyrics to Jammin' Java tonight, with Liam Finn opening.

→ *Jammin' Java, 227 Maple Ave. E., Vienna; 8 p.m., $15; 703-255-1588.*

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2 Mint Condition has been in action since the early '90s, but it's still around in a big way. Having released a ninth studio album, "e-Life," the R&B vets are at the Birchmere tonight singing classics like "You Don't Have to Hurt No More" and newer tracks.

→ *Birchmere, 3701 Mt. Vernon Ave., Alexandria; 7:30 p.m., $49.50; 703-549-7500.*

UNIVERSOUL CIRCUS

The Jugglers, the Clowns

3 The Universal Circus melds traditional circus acts with hip-hop music. Bring the kids to watch aerialists and contortionists from around the world — but with soul.

→ *Capitol Plaza Mall, 6900 Annapolis Road, Landover Hills; 10:30 a.m. and 7:30 p.m., $11; 800-316-7439.*

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Entertainment

NEW LINE CINEMA

PASS A TORCH: Sarah Jessica Parker and Jennifer Hudson in "Sex and the City."

Musician Finds Film Stardom

Hudson's unexpected acting career heats up with 'Sex' movie

CO-STAR | Jennifer Hudson never aspired to become an actress, which is rather remarkable, considering the 26-year-old is an Oscar winner.

Growing up in Chicago, Hudson sang gospel music in a local church choir. The big girl with a booming voice yearned to follow in the footsteps of Aretha Franklin and Whitney Houston.

She was a finalist on the third season of "American Idol" but was eventually voted off. That might have spelled the end of her music career, but Hudson's luck held, and she landed the coveted role of Effie in "Dreamgirls." Her performance as the cast-aside star of a '60s girl group earned numerous accolades, including an Academy Award.

During her 2007 acceptance speech, an obviously overwhelmed Hudson asked the audience to allow her to take in the moment. Maybe she was thinking there was something to this acting thing after all. Or perhaps she was contemplating what to do for an encore.

Since her big night, Hudson has pursued acting and singing with equal zeal.

She is working on her first solo album, due out Sept. 30. Her first single, "Spotlight," arrives this month. She believes her new, more personal sound will surprise fans.

"Everybody is so used to me sounding like Effie, but this is going to be very different," she says. "This is me."

Hudson has completed three more films, the first of which is a supporting role in the long-awaited screen version of the hit HBO series, "Sex and the City." She plays Louise, a newly arrived transplant from St. Louis, who finds employment as the personal assistant to Sarah Jessica Parker's Carrie Bradshaw.

Though new to the Big Apple, the young Midwesterner has an innate sense of style and an uncanny ability to help her boss get her life back in order after a devastating breakup.

Hudson says she never imagined she would be joining the "Sex and the City" gang.

"I wasn't that familiar with the show, to be honest," she says in a soft, lilting voice. "My sister was a big fan, but I never watched it." ANGELA DAWSON (ENTERTAINMENT NEWS WIRE)

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Entertainment

THE GOOD SHEEN: The University of Notre Dame honored actor Martin Sheen Sunday with its Laetare Medal for his humanitarian work. Based on son Charlie's reputation, we're going to guess such honors won't become a family tradition.

Keep That Day Job

Scarlett Johansson dumbs down Tom Waits' glorious growl

MUSIC | Memo to a lovely, young actress: Just because you're a performer who looks beautiful on camera does not mean you can sing. Do not be fooled into releasing a record. Seriously, don't.

Scarlett Johansson is undoubtedly lovely, a radiant movie star with nearly three dozen films to her credit. But if she can sing, she doesn't show it on her debut album.

A collection of Tom Waits covers, "Anywhere I Lay My Head" would have been a tricky record for even an experienced musician. Johansson is not an experienced musician. She was offered the opportunity after recording a Gershwin song for a benefit album.

She ambitiously set out to remake 10 Waits tunes, but fans of his guttural voice and industrial sound will likely be disappointed by the results.

Johansson's vocals are blurred with so much production that it could be any movie star behind the microphone. Worse, though, is her emotionless delivery of Waits' poetic lyrics. She sucks the sadness right out of the title track, making its woeful "I don't need anybody because I've learned to be alone" into a throwaway line.

ATCO RECORDS

OVERLY AMBITIOUS: Johansson has a fine voice, but she's no match for Tom Waits.

The 23-year-old isn't even convincing on "I Don't Want to Grow Up," a song energetically covered by the Ramones in 1995.

Musically, the album is a mixed bag. The title track sounds like it was preprogrammed on a department-store keyboard. Other songs, though, have more interesting stylings, such as the music-box introduction to "I Wish I Was in New Orleans" and the Waits-ian clang on "Green Grass." David Bowie also lends his vocals to two tracks.

But none of it is enough to save Johansson's voice or convince listeners that this is more than a vanity project.

SANDY COHEN (AP)

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IRON MAN (PG-13) (1215 100 145 415 500) 645 730 815 1045
OC: IRON MAN (PG-13) (330) 1000
WHAT HAPPENS IN VEGAS (PG-13) (1200 130 230 400 500) 700 745 930 1015
SPEED RACER (PG) (1245 345) 645 1000
MADE OF HONOR (PG-13) (115 345 415) 700 930
BABY MAMA (PG-13) (200 430) 715 945
HAROLD & KUMAR ESCAPE FROM GUANTANAMO
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CHRONICLES OF NARNIA: PRINCE CASPIAN - DP (PG) ★ (1130 240) 615 930
WHAT HAPPENS IN VEGAS (PG-13) (1145 1245 220) 410 500 645 800 915 1025
SPEED RACER (PG) (1200 1240 300) 420 630 715 1020
OC: IRON MAN (PG-13) 330 945
RED BELT (R) - ID REQ'D 940 PM
MADE OF HONOR (PG-13) (130) 400 710 950
IRON MAN (PG-13) (1220 110 200) 430 515 640 740 820 1035
BABY MAMA (PG-13) (1150 210) 435 655 920
HAROLD & KUMAR ESCAPE FROM GUANTANAMO
BAY (R) - ID REQ'D (1215) 315 540 810 1040
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CHRONICLES OF NARNIA: PRINCE CASPIAN (PG) ★ (100 130 315 345 415 445) 630 700 730 800 945 1015
WHAT HAPPENS IN VEGAS (PG-13) (115 215 400 500) 645 745 930 1030
SPEED RACER (PG) (100 330 430) 630 730 930 1030
RED BELT (R) - ID REQ'D 915 PM
MADE OF HONOR (PG-13) (145 445) 715 1000
IRON MAN (PG-13) (105 115 430) 715 745
BABY MAMA (PG-13) (200 500) 800 1025
HAROLD & KUMAR ESCAPE FROM GUANTANAMO
BAY (R) - ID REQ'D 945 PM
FORGETTING SARAH MARSHALL (R) - ID REQ'D (130 415) 700
NIM'S ISLAND (PG) (110 330) 645
OC: IRON MAN (PG-13) (400) 1015

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SPEED RACER (PG) (Stadium) (1150 1250 250 350 550) 650 850 950
WHAT HAPPENS IN VEGAS (PG-13) (Stadium) (1155 1255 220 320 450 555) 720 820 950
RED BELT (R) - ID REQ'D (Stadium) 1020 PM
MADE OF HONOR (PG-13) (Stadium) (110 340) 705 940
IRON MAN (PG-13) (Stadium) (1215 1245 145 245 330 400 500) 605 645 715 815 915 1030
BABY MAMA (PG-13) (Stadium) (1200 225 450) 710 935
HAROLD & KUMAR ESCAPE FROM GUANTANAMO
BAY (R) - ID REQ'D (Stadium) 725 955
FORBIDDEN KINGDOM (PG-13) (Stadium) (1210 335) 735
FORGETTING SARAH MARSHALL (R) - ID REQ'D (Stadium) (105 405) 655 1005
STREET KINGS (R) - ID REQ'D (Stadium) 740 1010
PROM NIGHT (PG-13) (Stadium) 1000 PM
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BAY (R) - ID REQ'D (Stadium) (420) 1010
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BABY MAMA (PG-13) (1210 230 450) 715 950
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CHRONICLES OF NARNIA: PRINCE CASPIAN - DP (PG) ★ (1200 315) 630 945
IRON MAN (PG-13) (1230 115 200 330 430 500) 630 715 800 930 1030
WHAT HAPPENS IN VEGAS (PG-13) (1215 130 230 345 445) 615 700 830 945
SPEED RACER (PG) (1215 115 315 415) 615 715 930 1015
MADE OF HONOR (PG-13) (100 330) 600 830 1045
BABY MAMA (PG-13) (1200 230 500) 745 1000
HAROLD & KUMAR ESCAPE FROM GUANTANAMO
BAY (R) - ID REQ'D (1245 400) 645
RED BELT (R) - ID REQ'D 900 PM

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CHRONICLES OF NARNIA: PRINCE CASPIAN - DP (PG) ★ (1130 240) 615 930
WHAT HAPPENS IN VEGAS (PG-13) (1145 1245 220) 410 500 645 800 915 1025
SPEED RACER (PG) (1200 1240 300) 420 630 715 1020
OC: IRON MAN (PG-13) 330 945
RED BELT (R) - ID REQ'D 940 PM
MADE OF HONOR (PG-13) (130) 400 710 950
IRON MAN (PG-13) (1220 110 200) 430 515 640 740 820 1035
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SPEED RACER (PG) (1220 100 330 410) 640 720 950 1030
RED BELT (R) - ID REQ'D (235 510) 745 1020
THE VISITOR (PG-13) (255 530) 805
FORBIDDEN KINGDOM (PG-13) (1240 330) 620 910
FORGETTING SARAH MARSHALL (R) - ID REQ'D (110 400) 650 945
SMART PEOPLE (R) - ID REQ'D (245 520) 755 1025
UNDER THE SAME MOON (PG-13) (1255 345) 630 920
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Adv. Tix on Sale SEX AND THE CITY (R) - ID REQ'D ★
DEATH NOTE (NR) 730 PM
CHRONICLES OF NARNIA: PRINCE CASPIAN - DP (PG) ★ (1145 300) 615 930
CHRONICLES OF NARNIA: PRINCE CASPIAN (PG) ★ (1215 1245 115 145 330 400 430 500) 645 715 745 815 1000 1030
WHAT HAPPENS IN VEGAS (PG-13) (1210 215 245 450 520) 725 755 955 1025
SPEED RACER (PG) (1200 1230 310 340) 625 655 1005
OC: IRON MAN (PG-13) (315) 940
IRON MAN (PG-13) (1155 1255 125 415 445) 635 705 735 805 1010
MADE OF HONOR (PG-13) (100 345) 620 900
BABY MAMA (PG-13) (105 350) 630 905
HAROLD & KUMAR ESCAPE FROM GUANTANAMO
BAY (R) - ID REQ'D 935 PM
FORBIDDEN KINGDOM (PG-13) (130 420)
FORGETTING SARAH MARSHALL (R) - ID REQ'D (1220 320)

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WHAT HAPPENS IN VEGAS (PG-13) (Stadium) (1210 120 240 350 510) 635 750 900 1020
SPEED RACER (PG) (Stadium) (1200 125 310 425) 630 725 940 1025
RED BELT (R) - ID REQ'D (Stadium) 955 PM
MADE OF HONOR (PG-13) (Stadium) (155 420) 650 915
IRON MAN (PG-13) (Stadium) (1215 115 145 315 400 435) 625 715 740 925 1010 1030
BABY MAMA (PG-13) (Stadium) (135 405) 705 1000
HAROLD & KUMAR ESCAPE FROM GUANTANAMO
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CHRONICLES OF NARNIA: PRINCE CASPIAN (PG) ★ (1230 100 130 200 230 345 415 445 515 545) 700 730 800 830 900 1015
WHAT HAPPENS IN VEGAS (PG-13) (1240 140 310 420 550) 650 820 930 1040
SPEED RACER (PG) (1150 1250 300 400) 610 710 1030
OC: IRON MAN (PG-13) (320) 920
RED BELT (R) - ID REQ'D 1005 PM
MADE OF HONOR (PG-13) (1235 330) 615 850
IRON MAN (PG-13) (1130 1220 110 150 220 410 500 530) 620 720 810 840 1020
BABY MAMA (PG-13) (210 450) 740 1010
HAROLD & KUMAR ESCAPE FROM GUANTANAMO
BAY (R) - ID REQ'D 940 PM
FORBIDDEN KINGDOM (PG-13) (430) 715
FORGETTING SARAH MARSHALL (R) - ID REQ'D (115 350) 645 950
NIM'S ISLAND (PG) (1255 340) 640 910
21 (PG-13) (120) 1000
HORTON HEARS A WHO (G) (1210 250 510) 750

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Adv. Tix on Sale INDIANA JONES: THE KINGDOM OF THE CRYSTAL (PG-13) ★
Adv. Tix on Sale KUNG FU PANDA (PG) ★
Adv. Tix on Sale SEX AND THE CITY (R) - ID REQ'D ★
CHRONICLES OF NARNIA: PRINCE CASPIAN (PG) ★ (Stadium) (1200 1230 100 130 200 315 345 415 445 515) 630 700 730 800 830 945 1015 1045
WHAT HAPPENS IN VEGAS (PG-13) (Stadium) (1140 115 215 405 500) 645 745 915 1020
SPEED RACER (PG) (Stadium) (1130 1215 245 330) 610 710 905
RED BELT (R) - ID REQ'D (Stadium) 920
MADE OF HONOR (PG-13) (Stadium) (1210 240 520) 810 1035
IRON MAN (PG-13) (Stadium) (1100 1145 1245 230 300 400 530) 615 715 845 930 1030
BABY MAMA (PG-13) (Stadium) (110 340) 620 910
HAROLD & KUMAR ESCAPE FROM GUANTANAMO
BAY (R) - ID REQ'D (Stadium) 1010
FORGETTING SARAH MARSHALL (R) - ID REQ'D (Stadium) 720 1000
NIM'S ISLAND (PG) (Stadium) (1120 150 430) 650
HORTON HEARS A WHO (G) (Stadium) (1240 250 510)

FAIRFAX TOWNE CENTER 10
4110 W Ox Road 800-FANDANGO 670#

Adv. Tix on Sale SEX AND THE CITY (R) - ID REQ'D ★
DEATH NOTE (NR) 730 PM
IRON MAN- DP (PG-13) (100 400) 700 1000
IRON MAN (PG-13) (1200 1230 130 200 300 330 430 500) 600 630 730 800 900 930 1030
SPEED RACER (PG) (1215 1245 115 145 315 345 415 445) 645 715 745 945 1015 1045
EXPELLED: NO INTELLIGENCE ALLOWED (PG) (120 420) 720
21 (PG-13) 1020 PM

MANASSAS STADIUM 14
11380 Bulloch Drive 800-FANDANGO 490#

Adv. Tix on Sale INDIANA JONES: THE KINGDOM OF THE CRYSTAL (PG-13) ★
Adv. Tix on Sale KUNG FU PANDA (PG) ★
Adv. Tix on Sale SEX AND THE CITY (R) - ID REQ'D ★
CHRONICLES OF NARNIA: PRINCE CASPIAN - DP (PG) ★ (1200 315) 630 945
CHRONICLES OF NARNIA: PRINCE CASPIAN (PG) ★ (1230 100 130 345 415 445) 700 730 800 1015 1045 1105
WHAT HAPPENS IN VEGAS (PG-13) (1120 1210 150 250 410 510) 650 750 915 1010
SPEED RACER (PG) (1220 120 320 420) 620 720 920
RED BELT (R) - ID REQ'D 940 PM
MADE OF HONOR (PG-13) (110 350) 640 950
IRON MAN (PG-13) (1130 1245 145 215 330 430 530) 615 715 815 930 1030
BABY MAMA (PG-13) (1240 300 520) 820 1040
HAROLD & KUMAR ESCAPE FROM GUANTANAMO
BAY (R) - ID REQ'D 1020 PM
FORGETTING SARAH MARSHALL (R) - ID REQ'D (1115 200 440) 710

Times For 5/20 Bargain Matinees In ( ) OC= Open Captioned DA= Descriptive Audio Available DP= Digital Projection * Pass/Discount Ticket Restrictions Apply

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Eisenhower Ave and Telegraph Road in Alexandria
703-998-4AMC

DIGITAL PRESENTATION

THE CHRONICLES OF NARNIA: PRINCE CASPIAN (PG) 4:20, 7:50
DEATH NOTE (NR–NOT RATED) 7:30
THE CHRONICLES OF NARNIA: PRINCE CASPIAN (PG) 1:30, 2:10, 2:50, 3:40, 5:00, 5:40, 6:20, 7:10, 8:30, 9:10, 9:50
THE CHRONICLES OF NARNIA: PRINCE CASPIAN (PG) 3:40, 7:10
SPEED RACER (PG) 1:40, 2:20, 3:00, 3:35, 5:05, 5:35, 8:20, 9:00
WHAT HAPPENS IN VEGAS (PG13) 1:50, 2:30, 3:30, 4:30, 5:10, 6:10, 6:55, 7:40, 9:20, 9:50
IRON MAN (PG13) 1:20, 2:00, 3:20, 4:00, 4:40, 6:40, 7:20, 8:00, 10:00
MADE OF HONOR (PG13) 1:55, 4:25, 7:05, 9:30
BABY MAMA (PG13) 2:15, 3:10, 4:55, 5:45, 7:30, 8:10, 10:05
HAROLD AND KUMAR ESCAPE FROM GUANTANAMO BAY (R) 2:05, 4:35, 7:15, 9:40
THE FORBIDDEN KINGDOM (PG13) 6:30, 9:15
FORGETTING SARAH MARSHALL (R) 1:25, 4:05, 6:50, 9:35
STREET KINGS (R) 7:00, 10:15
NIM'S ISLAND (PG) 3:45

AMC SELECT
REDBELT (R) 6:15, 9:05

AMC COLUMBIA MALL 14
10300 Patuxent Parkway
703-998-4AMC

DIGITAL PRESENTATION

THE CHRONICLES OF NARNIA: PRINCE CASPIAN (PG) 2:00, 5:15, 8:30
THE CHRONICLES OF NARNIA: PRINCE CASPIAN (PG) 12:15, 1:15, 2:50, 3:30, 4:30, 6:05, 6:45, 7:45, 9:20, 10:00
SPEED RACER (PG) 12:05, 2:15, 3:15, 5:25, 6:25, 8:35, 9:35
SPEED RACER (PG) 12:05, 3:15, 6:25, 9:35
WHAT HAPPENS IN VEGAS (PG13) 12:55, 1:55, 3:40, 4:40, 6:15, 7:15, 8:50, 9:50
IRON MAN (PG13) 12:10, 1:05, 2:10, 3:10, 4:05, 5:10, 6:10, 7:05, 8:10, 9:10, 10:05
MADE OF HONOR (PG13) 1:45, 4:20, 7:00, 9:25
BABY MAMA (PG13) 12:20, 2:35, 4:50, 7:10, 9:30
HAROLD AND KUMAR ESCAPE FROM GUANTANAMO BAY (R) 2:25, 7:30, 9:55

AMC SELECT
REDBELT (R) 5:00

LOEWS GEORGETOWN 14
3111 K Street, N.W.
202-342-6441

DIGITAL PRESENTATION

THE CHRONICLES OF NARNIA: PRINCE CASPIAN (PG) ✓ 2:20, 5:30
THE CHRONICLES OF NARNIA: PRINCE CASPIAN (PG) ✓ 1:10, 3:10, 4:20, 6:20, 7:35, 8:50, 9:40, 10:30
SPEED RACER (PG) 1:20, 4:20, 7:20, 10:20
WHAT HAPPENS IN VEGAS (PG13) 1:30, 3:00, 4:15, 5:20, 7:10, 8:10, 10:05
IRON MAN (PG13) 1:00, 1:45, 3:45, 4:50, 6:45, 7:40, 9:45, 10:25
MADE OF HONOR (PG13) 1:00, 2:00, 3:30, 4:40, 5:50, 7:00, 8:15, 9:50, 10:30
MADE OF HONOR (PG13) 2:00, 4:40, 7:00, 9:50
BABY MAMA (PG13) 2:50, 5:10, 7:40, 10:15
HAROLD AND KUMAR ESCAPE FROM GUANTANAMO BAY (R) 2:30, 5:00, 7:30, 10:10
88 MINUTES (R) 1:50, 4:30, 7:15
FORGETTING SARAH MARSHALL (R) 2:10, 5:05, 7:50, 10:30

AMC SELECT
REDBELT (R) 9:55 PM

AMC POTOMAC MILLS 18
2700 Potomac Mills Circle, Ste 886
703-998-4262

DIGITAL PRESENTATION

THE CHRONICLES OF NARNIA: PRINCE CASPIAN (PG) ✓ 12:00, 3:15, 6:30, 9:45
THE CHRONICLES OF NARNIA: PRINCE CASPIAN (PG) ✓ 1:10, 1:40, 2:10, 2:40, 4:20, 4:50, 5:20, 5:50, 7:35, 8:05, 8:35, 9:05, 10:40
SPEED RACER (PG) 12:05, 1:20, 3:30, 4:15, 7:30, 10:35
WHAT HAPPENS IN VEGAS (PG13) 1:50, 2:35, 4:30, 5:25, 7:15, 8:00, 9:50, 10:30
IRON MAN (PG13) 12:15, 1:00, 1:45, 3:25, 4:00, 4:45, 6:15, 7:00, 7:45, 9:15, 10:00, 10:40
IRON MAN (PG13) 1:00, 4:00, 7:00, 10:00
BABY MAMA (PG13) 1:15, 3:45, 6:40, 9:20
HAROLD AND KUMAR ESCAPE FROM GUANTANAMO BAY (R) 2:15, 5:00, 7:50, 10:25
FORGETTING SARAH MARSHALL (R) 5:05, 7:40, 10:20
NIM'S ISLAND (PG) 12:30, 2:45

AMC SELECT
REDBELT (R) 6:45, 9:25

AMC COURTHOUSE PLAZA 8
Courthouse and Birch Rd.
703-998-4AMC

THE CHRONICLES OF NARNIA: PRINCE CASPIAN (PG) ✓ 2:10, 3:20, 4:20, 5:20, 6:40, 7:35, 8:30, 9:45
IRON MAN (PG13) 2:00, 3:10, 5:00, 6:30, 8:00, 9:20
MADE OF HONOR (PG13) 2:15, 4:40, 7:00, 9:25
BABY MAMA (PG13) 2:30, 4:50, 7:10, 9:30
HAROLD AND KUMAR ESCAPE FROM GUANTANAMO BAY (R) 5:10, 10:10
21 (PG13) 2:20, 7:40

MAGIC JOHNSON CAPITAL CENTRE 12
800 Shopper's Way, Largo
301-324-4220

THE CHRONICLES OF NARNIA: PRINCE CASPIAN (PG) 12:10, 1:10, 2:10, 3:20, 4:20, 5:25, 6:30, 7:30, 8:35, 9:40
SPEED RACER (PG) 12:45, 3:45, 6:45, 9:45
WHAT HAPPENS IN VEGAS (PG13) 12:20, 2:50, 5:20, 7:50, 10:15
IRON MAN (PG13) 12:15, 1:15, 2:15, 3:15, 4:15, 5:15, 6:15, 7:15, 8:15, 9:05, 10:05
MADE OF HONOR (PG13) 1:35, 4:35, 7:05, 9:30
88 MINUTES (R) 4:30, 10:00
THE FORBIDDEN KINGDOM (PG13) 2:00, 7:00
PROM NIGHT (PG13) 12:25, 2:40, 5:10, 7:40, 10:10
TYLER PERRY'S MEET THE BROWNS (PG13) 12:05, 2:25, 4:50, 7:20, 9:50

LOEWS SHIRLINGTON 7
2772 South Randolph
703-671-0910 801

AMC SELECT
BEFORE THE RAINS (PG13) 1:50, 4:30, 7:00, 9:20
SON OF RAMBOW (PG13) 2:10, 4:40, 7:10, 9:30
THEN SHE FOUND ME (R) 1:30, 4:10, 7:20, 9:40
FUGITIVE PIECES (R) 2:30, 5:00, 7:50, 10:00
ROMAN DE GARE (R) 2:00, 4:20, 7:00, 9:10
THE VISITOR (PG13) 1:40, 3:50, 7:40, 9:55
YOUNG@HEART (PG) 2:20, 4:50, 7:30, 9:50

LOEWS UPTOWN 1
3426 Connecticut Avenue N.W.
1-800-FANDANGO #713

IRON MAN (PG13) 1:00, 4:00, 7:00, 10:00

AMC TYSONS CORNER 16
7850 Tysons Corner Center
703-998-4262

DIGITAL PRESENTATION

THE CHRONICLES OF NARNIA: PRINCE CASPIAN (PG) ✓ 12:00, 3:15, 6:30, 9:45
DEATH NOTE (NR–NOT RATED) ✓ 7:30
THE CHRONICLES OF NARNIA: PRINCE CASPIAN (PG) ✓ 12:45, 1:30, 2:15, 4:00, 4:50, 5:30, 7:15, 8:00, 8:45, 10:30
SPEED RACER (PG) 12:25, 1:45, 3:25, 4:45, 6:25, 7:45, 9:25, 10:45
WHAT HAPPENS IN VEGAS (PG13) 12:20, 1:20, 2:50, 3:45, 5:15, 6:10, 7:40, 8:35, 10:10, 10:55
IRON MAN (PG13) 12:15, 1:15, 1:45, 3:05, 4:15, 4:35, 6:15, 7:10, 9:15, 10:15, 10:50
MADE OF HONOR (PG13) 12:10, 2:35, 5:00, 7:30, 10:05
MADE OF HONOR (PG13) 12:10, 2:35, 5:00, 7:30, 10:05
BABY MAMA (PG13) 12:05, 2:20, 4:40, 7:00, 9:20
HAROLD AND KUMAR ESCAPE FROM GUANTANAMO BAY (R) 7:55, 10:20
THE FORBIDDEN KINGDOM (PG13) 1:45, 4:20, 7:05, 9:50
FORGETTING SARAH MARSHALL (R) 12:35, 3:10, 5:45, 8:20, 11:00

AMC SELECT
REDBELT (R) 12:30, 2:55, 5:25

AMC MAZZA GALLERIE
Jenifer and Wisconsin
202-537-9553

DIGITAL PRESENTATION

IRON MAN (PG13) 1:45, 4:40, 7:50, 10:30
THE CHRONICLES OF NARNIA: PRINCE CASPIAN (PG) ✓ 1:10, 3:00, 4:20, 6:20, 7:35, 9:30
SPEED RACER (PG) 1:00, 4:00, 7:00, 10:00
WHAT HAPPENS IN VEGAS (PG13) 2:00, 4:30, 7:20, 9:50
BABY MAMA (PG13) 2:30, 4:45, 10:20
FORGETTING SARAH MARSHALL (R) 1:50, 4:25, 10:10

LOEWS RIO CINEMAS 18
9811 Washingtonian Boulevard
301-948-0906

DIGITAL PRESENTATION

THE CHRONICLES OF NARNIA: PRINCE CASPIAN (PG) ✓ 12:25, 3:40, 7:00, 10:10
THE CHRONICLES OF NARNIA: PRINCE CASPIAN (PG) ✓ 1:10, 1:50, 2:30, 3:00, 4:20, 5:00, 5:40, 6:20, 7:30, 8:10, 8:50, 9:30, 10:40
THE CHRONICLES OF NARNIA: PRINCE CASPIAN (PG) ✓ 1:50, 5:00, 8:10
SPEED RACER (PG) 12:20, 1:15, 2:15, 3:20, 4:30, 5:30, 6:30, 7:40, 9:40, 10:45
WHAT HAPPENS IN VEGAS (PG13) 1:05, 2:35, 3:35, 5:05, 6:15, 7:40, 8:50, 10:05
IRON MAN (PG13) 12:20, 1:20, 2:20, 3:10, 4:10, 5:10, 6:10, 7:10, 8:00, 9:10, 10:20
MADE OF HONOR (PG13) 12:45, 3:15, 5:45, 8:15, 10:35
BABY MAMA (PG13) 12:25, 2:45, 5:15, 7:30, 9:50
HAROLD AND KUMAR ESCAPE FROM GUANTANAMO BAY (R) 5:35, 8:10, 10:35
THE FORBIDDEN KINGDOM (PG13) 12:50, 3:30, 6:05, 8:45
FORGETTING SARAH MARSHALL (R) 2:10, 4:55, 7:55, 10:30
NIM'S ISLAND (PG) 12:30, 2:50

AMC SELECT
REDBELT (R) 8:30, 10:40

LOEWS WHITE FLINT 5
North Bethesda
1-800-FANDANGO #741

THE CHRONICLES OF NARNIA: PRINCE CASPIAN (PG) 1:35, 4:15, 7:20
SPEED RACER (PG) 1:55, 4:45, 7:30
WHAT HAPPENS IN VEGAS (PG13) 1:50, 4:20, 7:15
IRON MAN (PG13) 1:45, 4:30, 7:30
MADE OF HONOR (PG13) 1:35, 4:15, 7:00

Times for Tuesday, May 20, 2008

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Television

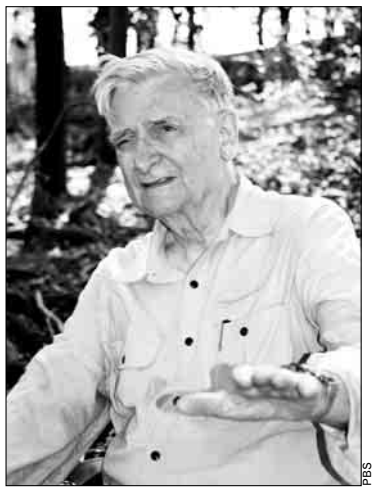
NOTABLE IMPROVEMENT: Daytime's "The View" will rerun one of its shows in two weeks from an entirely different view that lets fans know a little about what goes on backstage. If this means the ladies are on camera less, we're for it.

A Bug Man's Life

E.O. Wilson became a famous naturalist by playing with insects

HOBBY | Some men reach for the stars, while others stare at the ants on the ground. That observation helped turn E.O. Wilson into one of the most esteemed writers, scientists and naturalists of this or any era. The "Nova" (8 p.m. PBS) profile "The Ant Man" is narrated by Harrison Ford.

Now 78, Wilson claims he's still the same "boy" who spent his "savage years" deep in the Alabama woods studying nature. A boyhood fishing accident cost him his sight in one eye and helped propel him toward the study of tiny creatures he could examine with a microscope through his one remaining eye.



PBS

ANTS IN HIS ... HANDS: Wilson's study of bugs opened eyes to biodiversity.

Wilson's fascination with bugs led him to study possible genetic reasons behind their structured societies. His 1975 work, "Sociobiology," which argued that evolution could explain social behavior in insects, and possibly in humans, sparked wide controversy.

In more recent decades, Wilson has been widely praised for his public crusade to raise awareness of the threats to the diversity of life on Earth. Naturalist David Attenborough says Wilson will "go down in history for opening the world's eyes to biodiversity." KEVIN MCDONOUGH (UNITED FEATURE SYNDICATE)

ON TV TONIGHT

IS IT OVER YET?
The top two sing to survive on **AMERICAN IDOL** (8 p.m., Fox).

BLOBS OF STING
A jellyfish plague crowds out the crab traps on **DEADLIEST CATCH** (9 p.m., Discovery).

BEHIND OPEN WINDOWS
A wheelchair-bound photographer (Jimmy Stewart) thinks he's witnessed a murder next door in the 1954 Alfred Hitchcock drama **REAR WINDOW** (8 p.m., TCM).

BORN-AGAIN BABIES
Zealots of the Christian right brainwash children as young as age 7 to become "soldiers" in a cultural war in the 2006 documentary **JESUS CAMP** (9 p.m., Biography).

ABC

FINALE, FINALLY: B-list celebrities dance their last tonight on ABC.

PARTY'S ALMOST OVER
A winner emerges on **DANCING WITH THE STARS** (9 p.m., ABC).

PARTY'S ACTUALLY OVER
The winner of "Dancing" is on **JIMMY KIMMEL LIVE** (12:05 a.m., ABC). KEVIN MCDONOUGH (UNITED FEATURE SYNDICATE)

5.20.08		6:00 PM	6:30	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
LOCAL CHANNELS	WRC 4	News (N) CC		NBC Nightly News	Access Hollywood	Outrageous	Outrageous	Law & Order: Special Victims Unit		Law & Order: Special Victims Unit		News (N) CC	Tonight Show
	WTTG 5	News (N)	TMZ (N) CC	The Simpsons	Seinfeld CC	American Idol The top two finalists.		(:02) Hell's Kitchen (N) CC		News (N)		News (N)	TMZ CC
	WJLA 7	News (N) CC	ABC Wld News	Wheel of Fortune	Jeopardy! (N)	Dancing With the Stars CC		Dancing With the Stars (Season Finale) (S Live) CC				News (N) CC	(:35) Nightline (N)
	WUSA 9	News (N) CC	Evening News	News	Entertainment	NCIS Grave consequences result when the team hunts a killer. CC				Shark Escaped convict seeks revenge.		News (N) CC	Late Show
	WDCA 20	Judge Judy (N)	Judge Joe Brown	King of Queens	King of Queens	Street Patrol (N)	Street Patrol	Jail (N) CC	Jail CC	Every-Raymond	King of the Hill	Law & Order: Criminal Intent "Stray"	
	WMPT 22	The NewsHour With Jim Lehrer (N)		Business Rpt.	Outdoors Md.	Nova "Lord of the Ants" (N)		Frontline "Growing Up Online"		The History Project CC (DVS)		Travels-Edge	Life (Part 2)
	WETA 26	BBC World News	Business Rpt.	The NewsHour With Jim Lehrer (N)		Nova "Lord of the Ants" (N)		Journey to Planet Earth CC		Frontline "Growing Up Online"		Independent Lens (N) CC	
	WHUT 32	World Business	Tavis Smiley	BBC World News	Moneywise	Mystery! CC			Lest We Forget	BBC World News	Tavis Smiley	Charlie Rose (N) CC	
	WDCW 50	My Wife and Kids	Family Guy CC	Two/Half Men	Two/Half Men	Reaper "The Leak" CC		Reaper "Cancun" (Season Finale) (N)		Friends CC	Friends CC	Family Guy CC	Sex and the City
BASIC CABLE	A&E	Cold Case Files CC		CSI: Miami "Death Eminent" CC		The First 48 "Last Exit; Out Cold"		The First 48 CC		Gene Simmons	Gene Simmons	Gene Simmons Family Jewels CC	
	Animal	The Crocodile Hunter CC		Wolverine: Devil of the North CC		Raw Nature (N)		Eaten Alive CC		Animal Cops Detroit CC		Raw Nature	
	BET	106 & Park: BET's Top 10 Live (N) CC			The Boot (N)	★ "The Wash" (2001, Comedy) Dr. Dre, Snoop "Doggy" Dogg. CC				College Hill	Iron Ring (N)	The Boot CC	Hell Date CC
	Bravo	Work Out "Sky-Lab 2.0"		Work Out "In the Mud" CC		Work Out "Hit the Wall"		Work Out "No Pain, No Gain"		Work Out (N)		Work Out	
	Comedy	Book of Love CC	Reno 911! CC	Scrubs CC	Scrubs CC	Daily Show	Colbert Report	Futurama CC	South Park CC	Carlos Mencia: Perf. Enhanced		Daily Show	Colbert Report
	Court	World's Wildest Police Videos CC		Cops CC	Cops CC	Cops CC	Cops CC	Most Daring		American Jail	American Jail	Forensic Files	Forensic Files
	Discovery	Cash Cab CC	Cash Cab CC	How It's Made	How It's Made	Deadliest Catch		Deadliest Catch "Seeking the Catch"		The Alaska Experiment (N)		Deadliest Catch "Seeking the Catch"	
	DISCH	Code Blue "Fighting the Good Fight"		Trauma: Life in the ER "Last Stand"		Twins by Surrogacy CC		Quints by Surrogacy CC		Deliver Me "Eleventh Hour"		Twins by Surrogacy CC	
	Disney	Life With Derek	Life With Derek	Hannah Montana	Zack & Cody	"Read It and Weep" (2006) Kay Panabaker. CC			Wizards-Place	Wizards-Place	Life With Derek	Zack & Cody	Hannah Montana
	E!	Snoop Father	Chelsea Lately	E! News (N)	The Daily 10 (N)	20 Most Shocking Unsolved Crimes Crimes capture the imagination.				Kardashians	Kardashians	E! News	Chelsea Lately
	FX	(5:30) ★★ "Dark Blue" (2002, Crime Drama) Kurt Russell, Brendan Gleeson.				★★ "Phone Booth" (2002, Suspense) Colin Farrell, Kiefer Sutherland.				★★ "Phone Booth" (2002, Suspense) Colin Farrell, Kiefer Sutherland.			
	HGTV	Open House	Hidden Potential	House Worth?	House Hunters	Designed to Sell	My Kitchen	Secrets That Sell	Open House	House Hunters	House Hunters	House Worth?	Hidden Potential
	Family	8 Simple Rules	8 Simple Rules	Grounded for Life	Grounded for Life	America's Funniest Home Videos		America's Funniest Home Videos		America's Funniest Home Videos		The 700 Club CC	
	History	Modern Marvels: '80s Tech CC		Modern Marvels: '90s Tech CC		The Universe "Cosmic Apocalypse"		Dogfights of the Future Profiling the next generation of combat aircraft. CC				Modern Marvels: Harvesting CC	
	Lifetime	Reba CC	Reba CC	Still Standing	Still Standing	Reba CC	Reba CC	"A Kidnapping in the Family" (1996, Drama) Tracey Gold, Kate Jackson. CC				Will & Grace	Will & Grace
	MTV	True Life Creating the perfect body.		Super Sweet	The Paper	A Shot at Love With Tila Tequila		A Shot at Love With Tila Tequila		A Shot at Love With Tila Tequila (N)		A Shot at Love With Tila Tequila	
	NICK	SpongeBob	SpongeBob	Drake & Josh	Zoey 101 CC	SpongeBob	Drake & Josh	Home Improve.	Home Improve.	George Lopez	George Lopez	Fresh Prince	Fresh Prince
	SCIFI	Stargate SG-1 "Sight Unseen" CC		Stargate SG-1 "It's Good to Be King"		Mystery of the Crystal Skulls Exploring the history of the crystal skulls.				ECW Judgment Day results. (Live)		★★ "Abominable" (2006) Haley Joel	
	SPIKE	CSI: Crime Scene Investigation		CSI: NY "Recycling" CC		CSI: Crime Scene Investigation		CSI: Crime Scene Investigation		CSI: Crime Scene Investigation		UFC 84 Countdown: Penn vs. Sherk	
	TBS	Friends CC	Every-Raymond	Every-Raymond	Every-Raymond	Family Guy CC	Family Guy CC	Family Guy CC	Family Guy CC	The Office CC	The Office CC	Sex and the City	Sex and the City
	TLC	What Not to Wear "Laurie" CC		The New Detectives CC		Dateline: Real Life Mysteries CC		48 Hours: Hard Evidence		48 Hours: Hard Evidence		Dateline: Real Life Mysteries CC	
	TNT	Law & Order "Blood" CC (DVS)		Law & Order "Missing"		Law & Order "Ill-Conceived"		Law & Order "Vendetta"		Bones "The Superhero in the Alley"		Cold Case "Dog Day Afternoons"	
	USA	Law & Order: Special Victims Unit		Law & Order: Criminal Intent CC		Law & Order: Special Victims Unit		Law & Order: Special Victims Unit		NCIS "Chained" CC		Monk Probing a firefighter's murder.	
	VHI	100 Greatest Kid Stars "Hour 5"		The Flavor of Love		Miss Rap Supreme CC		★ "Showgirls" (1995, Drama) Elizabeth Berkley, Kyle MacLachlan.				(:05) Young, Rich and Out of Control	
SPAN.	TELEM	Los Plateados	Noti-Telemndo	12 Corazones		La Traicion		Victoria		Pecados Ajenos		Noti-Telemndo	Titulares y Mas
	UNIV	Que Locura	Noticiero Univ	Yo Amo a Juan Querendón		Al Diablo con Los Guapos		Fuego en la Sangre		Aquí y Ahora		Primer Impacto	Noticiero Univ.
SPORTS	ESPN	SportsCenter (Live) CC			NBA Shootaround	Draft Lottery	NBA Basketball Eastern Conference Final Game 1 -- Teams TBA. (Live) CC					SportsCenter (Live) CC	
	ESPN2	NASCAR Now	Rome-Burning	Interruption	NFL Live CC	Motorcycle Racing Moto X World Championships. From San Diego.				Shootaround	WNBA Basketball Sacramento Monarchs at Seattle Storm.		
	CSN	SportsNite CC	SportsNite CC	Toughest Cowboy		Tennis Outback Champions Series -- Championship Match. (Taped)				SportsNite CC	SportsNite CC	Washington Post Live	
NEWS	CNN	(4:00) The Situation Room		Lou Dobbs Tonight CC		CNN Election Center		Larry King Live CC		Anderson Cooper 360 CC			
	FNC	Special Report CC		The Fox Report With Shepard Smith		The O'Reilly Factor CC		Hannity & Colmes CC		On the Record-Van Susteren		The O'Reilly Factor	
	MSNBC	Race for White House-David Gregory		Hardball CC		Countdown With Keith Olbermann		Verdict With Dan Abrams		Countdown With Keith Olbermann		No Place for a Child	
MOVIES	AMC	(5:00) ★★★ "Silverado" (1985, Western) Kevin Kline. 'PG-13' CC				★★ "Broken Trail" (2006, Western) Robert Duvall, Thomas Haden Church. A cowboy and his nephew save five girls from prostitution. 'NR' CC							
	TCM	(5:45) ★★★★ "Vertigo" (1958, Suspense) James Stewart. 'PG' CC				★★★★ "Rear Window" (1954, Suspense) James Stewart. 'PG' CC				★★★★ "The Man Who Shot Liberty Valance" (1962) James Stewart. CC			
	HBO	(:15) ★★ "Starter for 10" (2006, Romance) James McAvoy. 'PG-13' CC				★★★ "Knocked Up" (2007, Romance-Comedy) Seth Rogen. 'R' CC				(:15) ★★★ "Little Miss Sunshine" (2006) Greg Kinnear. 'R' CC			
	MAX	(5:35) ★★★ "The Matrix Reloaded" (2003) Keanu Reeves. 'R' CC				★★ "El Cantante" (2006, Biography) Marc Anthony, John Ortiz. 'R' CC				★ "Epic Movie" (2007) Kal Penn. 'PG-13' CC			Hotel Erotica
	SHOW	The Lost City 'R'	★★ "Miss Potter" (2006) Renée Zellweger. ITV. 'PG'			(:15) "An American Crime" (2007) Catherine Keener. ITV. 'R' CC				The Tudors (ITV) CC		This Am. Life	This Filthy World
	TMC	(4:40) ★★ G 'R'	(:20) ★★ "American Gun" (2005) Donald Sutherland. 'R'			★★ "Saw III" (2006, Horror) Tobin Bell, Shawnee Smith. 'R' CC				★★★ "South Park: Bigger, Longer & Uncut" (1999) 'R'			★★ Dirty Work
	STARZ!	(5:40) ★★ "Airheads" (1994) Brendan Fraser. 'PG-13'			(:20) ★★★ "Keeping Up With the Steins" (2006) 'PG-13'			★★ "Pirates of the Caribbean: At World's End" (2007, Adventure) Johnny Depp, Orlando Bloom. 'PG-13' CC					
	ENCORE	★★ Dying Young	(:20) ★★★ "Cool Runnings" (1993) Leon. 'PG' CC			★ "Billy Madison" (1995) Adam Sandler. 'PG-13' CC			★ "Gone in Sixty Seconds" (2000, Action) Nicolas Cage. 'PG-13' CC				★★ Waterworld

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Sleep is vital for us to function effectively. Yet there are many people who, day after day, wake up feeling unrefreshed or unrestored. This non-restorative sleep condition, or NRS, leaves you tired – impairing your thinking and your ability to perform at your best.

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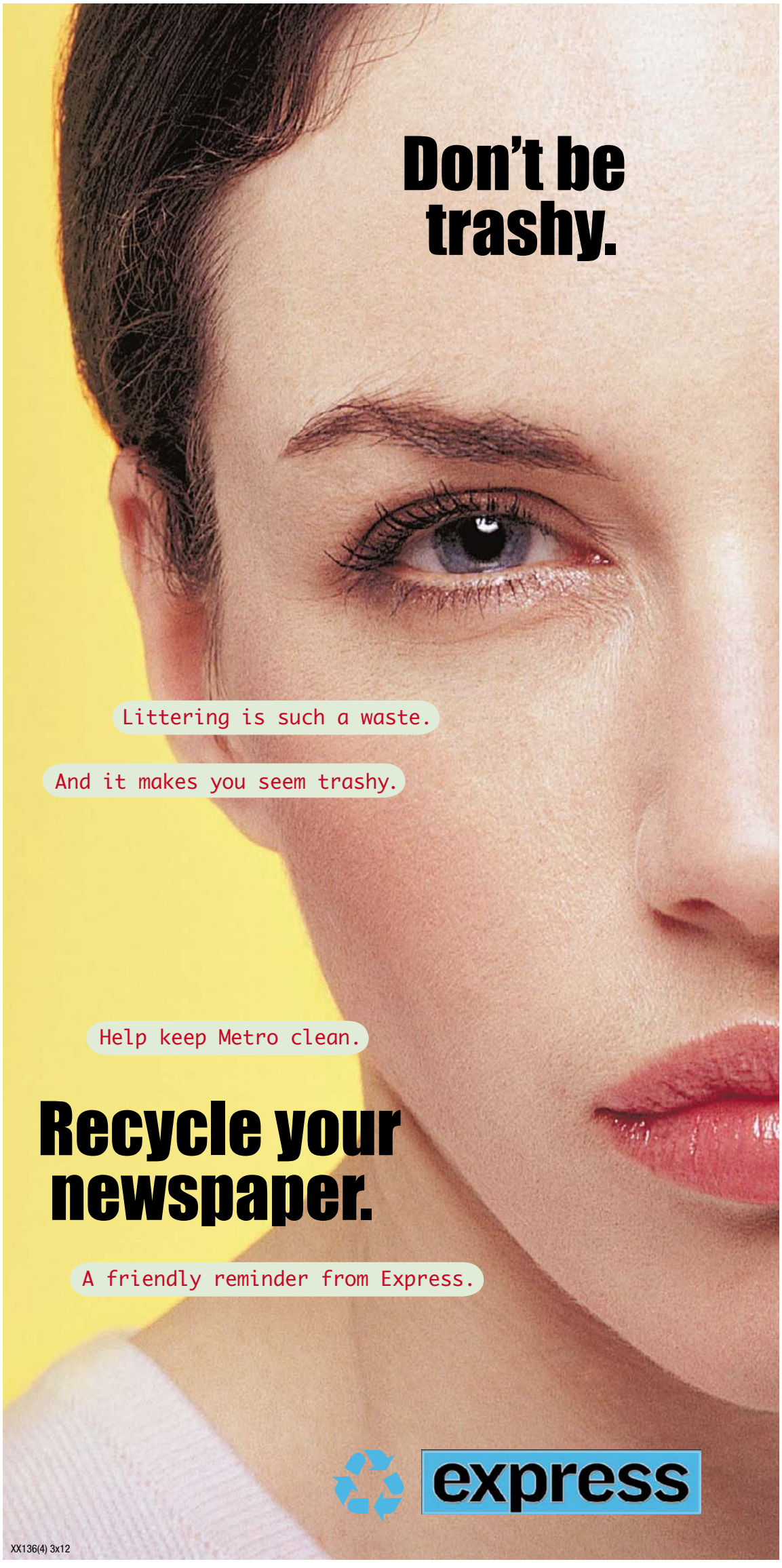

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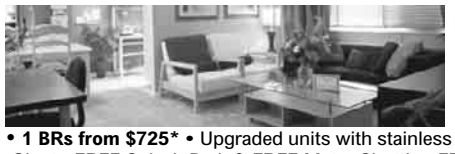
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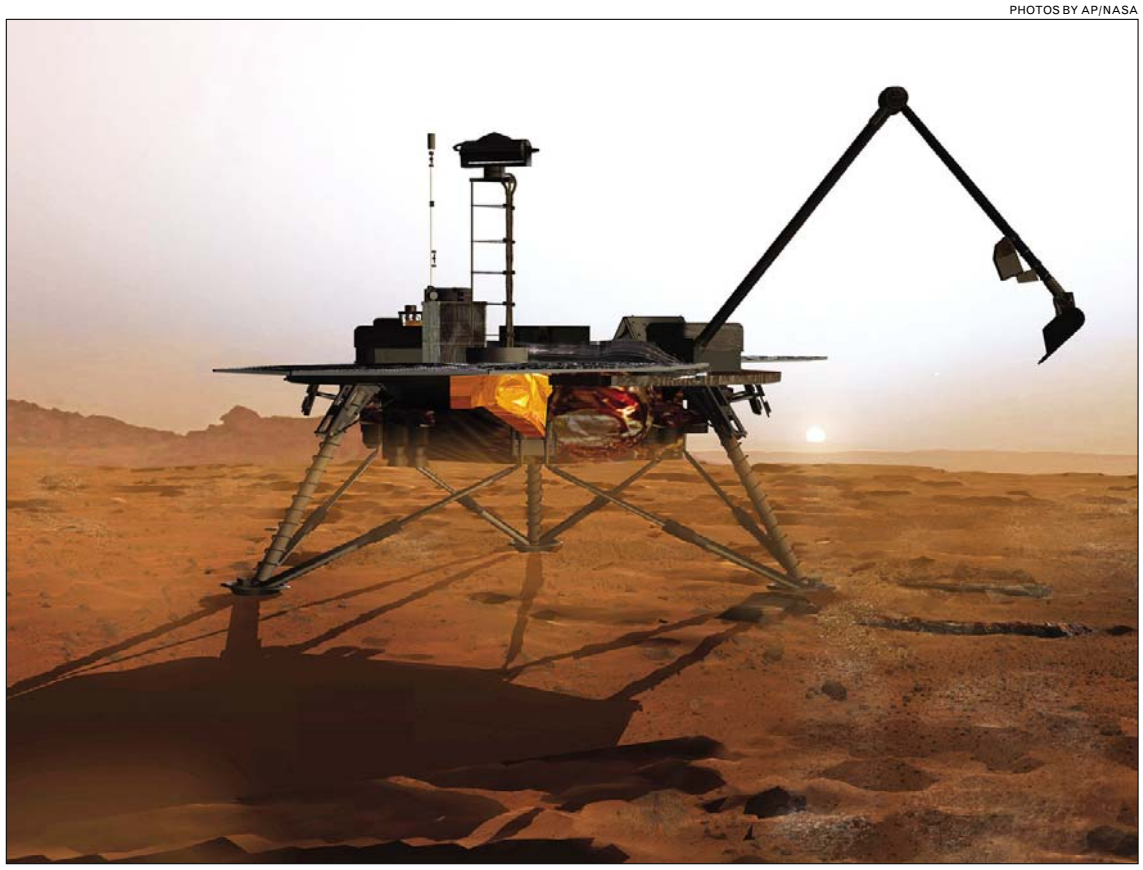
Discussion: Dr. Gridlock on area commuting | 37

PHOTOS BY AP/NASA



MARTIAN MISSION: An artist's rendering shows the three-legged Phoenix Mars robot on the surface of the red planet.

Technology

A new NASA robot is set to probe Mars for signs of alien life

Extraterrestrial Excavation

Like a miner prospecting for gold, NASA's latest robot to Mars is hoping to hit pay dirt when it lands near the red planet's north pole this weekend for a 90-day digging mission.

The three-legged Phoenix Mars fitted with a backhoe arm is zeroing in on the unexplored Martian arctic region where a reservoir of ice is believed to lurk beneath the surface.

Phoenix lacks the tools to detect signs of extinct or current alien life. However, it will study whether the ice ever melted and look for traces of organic compounds in the permafrost to determine whether life could have emerged at the site.

Before this robotic geologist can excavate the soil that could pave the way for future human exploration, it must first survive a nail-biting plunge through the Martian atmosphere. More than half the world's attempts to land on the red planet have failed.

"It's kind of like first-day jitters," said Ed Sedivy, program manager at Lockheed Martin Corp., which built Phoenix. "There's a lot of excitement, but there's also some nervousness."

Launched last summer from Cape Canaveral, Fla., Phoenix has been cruising on a 423 million-mile journey that is expected to culminate with a touchdown on Sunday.

Phoenix's main tool is its 8-foot-long aluminum and titanium robotic arm capable of digging trenches 2 feet deep in the soil. Once ice is exposed — believed to be anywhere from a few inches to a foot deep — it will use its powered drill bit at the end of the arm to break it up.

"It'll be a construction zone," said mission co-leader Ray Arvidson of Washington University in St. Louis. He predicts the ice will be "as hard as a sidewalk."

The excavated soil and ice bits will then be brought aboard Phoenix's science lab. It will be baked in miniature ovens and the vapors analyzed for organic compounds, the chemical building blocks of life.

The last time NASA did tests for organics, it was during the 1976 twin Viking spacecraft's hunt for extraterrestrial life. No signs of life were found.

> "It's kind of like first-day jitters. There's a lot of excitement, but there's also some nervousness."
>
> **ED SEDIVY**, LOCKHEED MARTIN CORP.

On this mission, Phoenix will also probe whether the underground ice ever melted during a time when Mars was warmer and wetter. If Phoenix finds salt or sand deposits, it might be evidence of past flowing water.

Phoenix's landing target — a broad shallow valley in the high northern latitudes comparable to Greenland or northern Alaska on Earth — was chosen because if organic compounds existed, they're more likely to have been preserved in ice. Researchers do not expect to find water in its liquid form at the site because it's too cold.

"The polar region is a great preserver," said principal scientist Peter Smith of the University of Arizona, Tucson. "Just as in your kitchen you preserve your food in the freezer, so the planet preserves organic materials and the history of life ... inside of the ice."

Come Sunday, Phoenix will punch through the Martian atmosphere at more than 12,000 mph. Over the next seven minutes, it will use the atmosphere friction and release its parachute to slow itself down to 5 mph. Seconds before touchdown, Phoenix will fire its thrusters for what scientists hope will be a soft landing.

Smith calls the entry the "seven minutes of terror."

"Try holding your breath for seven minutes," he said. "It's plenty of time to get very nervous."

The last time NASA tried a soft landing on Mars, it ended in disaster. In 1999, the Mars Polar Lander was angling for the south pole when it prematurely shut off its engine and tumbled to its death. The loss forced the agency to restructure its Mars exploration program.

Barry Goldstein, project manager at NASA's Jet Propulsion Laboratory in Pasadena, said engineers extensively tested the Phoenix to minimize its risk of failure.

"Since we inherited a lot of hardware, we spent a lot of effort in testing this vehicle," Goldstein said.

ALICIA CHANG (AP)

An artist's rendering shows the Phoenix as it begins to dig a trench on Mars.

LOOK out

A Bug's Love Life

Insects

The 17-year periodic cicada is back with its shrill mating music

As 17-year periodic cicadas scratch and buzz in 13 states, entomologists remind us that brash noise is really an insect love song.

"It's the men's glee club serenading the ladies," said Dr. Frank Hale, with the University of Tennessee Extension in Nashville. The current emergence is Brood XIV and it stretches over 13 states from Georgia to Massachusetts. The periodic cicadas are a phenomenon of the hardwood forests of the eastern U.S.

While cicadas get turned on by the sound they emit from two drum-like membranes on the abdomen, humans find it shrill, loud and annoying.

But listen carefully, advises Greg Hoover, an entomologist at Pennsylvania State University in State College. You'll hear different songs because there are three different species in Brood XIV.

"The more common species sound as if we were to pronounce 'Pharaoh' and extend it at the end," Hoover said. "Then there's another that's a series of ticks and buzzes, and yet another sounds like a water sprinkler."

The female cicadas' response to this courting is subtle: a demure flick of the wings indicates a female is ready to mate, Hoover said.

FRANK HALE/AP

A 13-year periodic cicada emerges in 1998. The 17-year brood will come out in 2008.

Beyond the noise, people can be unsettled by the 1 1/2-inch bugs' red eyes, their clumsy flight and what Hoover calls their tendency to assume anything upright is a landing spot. But cicadas can't bite or sting even when they land on you, he assures.

Periodic cicadas — the insects people sometimes call "locusts" — are unique to eastern North America. "The [American] colonists thought they were witnessing a locust plague," Hoover said.

> **The female cicadas' response to this courting is subtle: a demure flick of the wings.**

Locusts, however, are more like grasshoppers, which eat grasses and crops, Hoover said. Cicadas suck nutrients from trees but usually do little damage.

The visible life of cicadas seems unmercifully short. The adults emerge from the ground, sing, mate and die, all within a few weeks.

The new cycle begins when the nymphs hatch in twigs up in the trees, fall to the ground and burrow in. They will feed on the roots of the trees for the next 17 years.

While it's true that tender young trees can be damaged by the cicadas, the insects also provide benefits to nature. The holes from which they emerge aerate the soil around the tree roots, Hale said. The millions of decaying cicada bodies supply nitrogen and other nutrients to the tree roots.

For birds and other small animals, the cicada emergence is a smorgasbord.

But regardless of how much predators gorge themselves, the cicadas will prevail. "Their strategy is to overwhelm by their numbers," Hale said. "It's 'shock and awe.'"

Brood XIV is expected to appear in at least parts of Georgia, Kentucky, Indiana, Massachusetts, Maryland, North Carolina, New Jersey, New York, Ohio, Pennsylvania, Tennessee, Virginia and West Virginia.

While some people might see the cicadas as an annoyance, Hale has a decidedly different view.

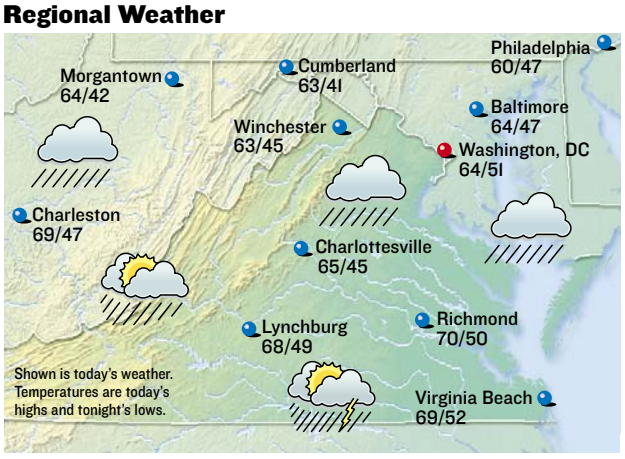
"This is the best time ever for an entomologist," he said, explaining that it's a great educational opportunity for many.

Of course, people who don't get their fill of cicadas this year have only to wait until 2025, when Brood XIV returns. RANDALL DICKERSON (AP)

5 Day Forecast for the Washington Area

Today	Tonight	Wednesday	Thursday	Friday	Saturday
Mainly cloudy, rain ending; breezy	Partly cloudy and cool	A passing shower in the afternoon	A refreshing breeze with some sun	Partial sunshine	Mostly sunny and pleasant
64°	51°	69° / 48°	68° / 50°	69° / 53°	77° / 57°

Regional Weather



Forecasts and graphics provided by **AccuWeather, Inc.** ©2008

Almanac

Washington, D.C., through 4 p.m. Mon.

Temperature

High	68°
Low	53°
Normal high	76°
Normal low	57°
Average humidity	35%

Precipitation

24 hours ending 4 p.m.	0.00"
Month to date	8.63"
Normal month to date	2.32"
Year to date	21.89"
Last year to date	13.49"
Normal year to date	14.64"

For up-to-the-minute weather, see: **washingtonpost.com/weather**

Regional Forecast

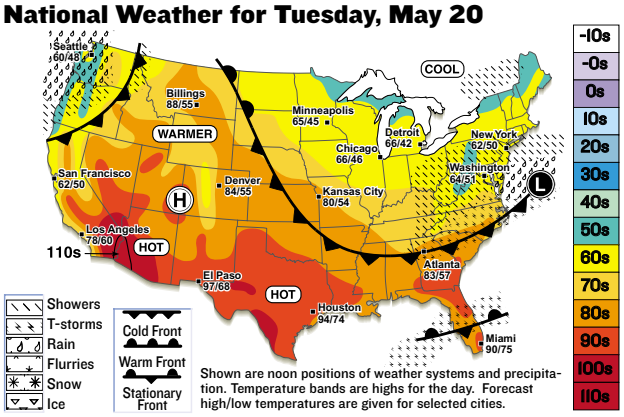
D.C. Metro: Today, rain, breezy. High 64. Wind north 10-20 mph. Tonight, partly cloudy, cool. Low 51. Wednesday, partly cloudy, cool. High 69.

Sun and Moon

Sunrise today	5:51 a.m.
Sunset tonight	8:18 p.m.
Moonrise today	9:23 p.m.
Moonset today	5:44 a.m.

Last	New	First	Full
May 27	June 3	June 10	June 18

National Weather for Tuesday, May 20



Shown are noon positions of weather systems and precipitation. Temperature bands are highs for the day. Forecast high/low temperatures are given for selected cities.

National Cities

City	Today Hi/Lo/W	Wed. Hi/Lo/W
Atlanta	83/57/t	78/58/pc
Boston	64/47/pc	65/47/pc
Chicago	66/46/pc	65/42/pc
Dallas	92/68/s	93/73/pc
Denver	84/55/pc	88/53/pc
Honolulu	86/73/pc	85/72/pc
Los Angeles	78/60/pc	71/58/pc
Miami	90/75/s	90/75/pc
New York City	62/50/r	67/48/pc
Orlando	90/71/t	92/71/t
Seattle	60/48/r	61/48/c

World Cities

City	Today Hi/Lo/W	Wed. Hi/Lo/W
Amsterdam	64/46/s	64/48/pc
Athens	79/63/s	81/65/s
Berlin	64/48/pc	70/48/s
Buenos Aires	68/64/sh	77/66/sh
Calgary	68/47/pc	55/41/c
Dublin	55/45/pc	57/46/r
Geneva	65/49/r	65/51/r
Moscow	72/52/r	57/45/sh
Rome	68/59/r	70/57/t
Sydney	68/52/s	61/50/pc
Tokyo	75/60/r	79/61/s

s-sunny, pc-partly cloudy, c-cloudy, sh-showers, t-thunderstorms, r-rain, sf-snow flurries, sn-snow, i-ice.

Styles | Look out

JASON DECROW, STEPHEN CHURNIN/AP

WHITE OUT: Oscar De La Renta, left, and Badgley Mischka, right, bridal collection models walk the aisle, er, runway during Bridal Week in New York City recently.

Bridal Bliss

Brides, be glad: There are plenty of gown options this season

For every woman who has her heart set on a pouffy princess wedding gown, you'll find another who wants a sleek sheath. The good news for next year's brides is that there is a gown out there to suit any taste.

Designers recently previewed the styles that will arrive in salons this fall and Brides magazine editor in chief Millie Martini Bratten saw something for everyone.

Ballgowns in light fabrics? Check. Strapless dresses with pleated bodices? Check. Formfitting gowns that flare out at the bottom? Got 'em.

"Everyone wants to wear something that feels great," says Bratten. "If you want something, it's available to you. That's what's great about the season."

Oscar de la Renta purposely created a range of silhouettes — short and long, silky or embroidered.

"The key was to make sure each one was still unique and special in its own way, whether that meant adding a feminine detail, like a dramatic bow, or a touch of color with a blue satin belt," he says. "Each look stands out, just like a bride should."

Mark Badgley of Badgley Mischka says that often a woman comes into a store thinking she knows exactly what she wants. She'll leave with the exact opposite.

Whether she prefers a long veil and ruffled bottom in Oscar de la Renta, left, or wants simple embellishments in Badgley Mischka, this season's bride has options.

> "The key was to make sure each one was still unique ... in its own way."
>
> **OSCAR DE LA RENTA**, DESIGNER

The new Badgley Mischka collection was inspired by 1940s and '50s singers, women such as Billie Holiday and Julie London. They wore dramatic silhouettes but little embellishment, James Mischka explains, which fits in with the simpler gowns brides want now.

"The modern bride today likes a silhouette that comes from ready-to-wear — something sexy and slinky, but there has to be something 'bridal' about it. It might be a slim sheath, but then there are yards and yards of volume at the hem," Badgley says.

The one silhouette that Bratten saw emerge as a trend was the one-shoulder gown, like the one Katherine Heigl wore to the Oscars.

"There was a lot of Hollywood influence and red-carpet glamour. There's so much crossover between ready-to-wear eveningwear designers and their bridal collections."

SAMANTHA CRITCHELL (AP)

Fashion

Tree Hugger Lugger

It's hard to be a glamorous fashionista at the farmers market, since you're usually reduced to toting your organic lettuce and free-range heritage-breed rabbit in one of those dull Trader Joe's reusable sacks. But Nordstrom's new silver linen **ECO TOTE** ($22 in stores or at Nordstrom.com) lets you carry summer's bounty without sacrificing style — or stomping on the planet with a plastic bag. The satchel zips into a CD-size rectangle, meaning you can jam it in your purse or Vespa basket in transit. An exterior decorated with a cityscape sketch just ups its urban cool. JENNIFER BARGER (EXPRESS)

Beauty

Ice Cream Shadow?

We liked the shades involved in Physicians Formula's **SHIMMER STRIPS CUSTOM EYE ENHANCING SHADOW & LINER** ($10, drugstores). Maybe that's just because the grouping designed for hazel eyes looks like Neapolitan ice cream. We do enjoy that it offers an easy way to play with nine colors at once. However, it's also a lucky thing it boasts triple the product of most compacts (to create multiple looks, so it says), because you need to use three times as much of the pigment-shy shadow to create much of an impact on your lids. ERIN CLEMENTS RUSHING

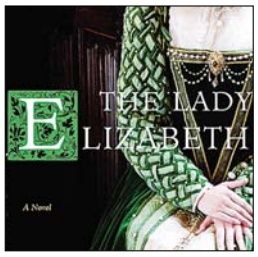
Look out Online

readexpress.com

site specifics

BOOKS

Historical Friction



Alison Weir has written more than a dozen biographies and historical fiction books about the British monarchy. At the Hirshhorn on Wednesday, she'll discuss her new novel, "The Lady Elizabeth," an account of Elizabeth I's early years. Katherine Silkaitis spoke with Weir about all things Tudor. | COMING UP

ENTERTAINMENT

'Ring' Cycle = Geek Out!

A hi-def screening of "The Lord of the Rings: The Fellowship of the Ring," accompanied live by choirs and a symphony, will be at Wolf Trap on Wednesday and Thursday. Rudi Greenberg spoke with composer Howard Shore about the multimedia extravaganza. | COMING UP

MUSIC

G-Rated No More

R&B singer Lloyd has come a few sexy steps forward since he hit it big with the pop group N-Toon at age 10. Lloyd performs at the 9:30 Club on Tuesday for WPGC's Birthday Bash, and Darona Williams spoke to the 22-year-old hottie. | COMING UP

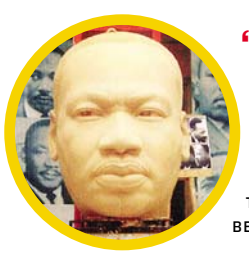
comment board

"It looked like a bully daring someone to cross over his drawn line in the dirt. Even in the worst situations, King had a calm, capable look about him."

COMMENTER NANCY, WHO ADDED, "I [SINCERELY] HOPE THE FINISHED PRODUCT HAS A FRIENDLIER FACE."

"I think the change is good, but I'm still not wild about the statue. It looks like statues I've seen in Russia that were sculpted during the Soviet period."

COMMENTER CHRIS, WHO ADDED, "MLK DESERVES BETTER; HE WAS ONE OF THE BEST AMERICAN LEADERS OF THE 20TH CENTURY."



"A fitting tribute to King would be a country where one is judged by the content of one's character and not by the color of one's skin ... not a statue."

COMMENTER BLACK, RESPONDING TO MONDAY'S POLL CENTER QUESTION, "DO YOU THINK THE PLANNED MEMORIAL WILL BE A FITTING TRIBUTE TO MARTIN LUTHER KING?"

poll center

YESTERDAY'S RESULTS AS OF 5 P.M.

DO YOU THINK THE PLANNED MEMORIAL WILL BE A FITTING TRIBUTE TO MARTIN LUTHER KING?

57% YES

43% NO

SEE HOW YOUR METRO STATION VOTED AT READEXPRESS.COM/POLLCENTER.PHP

Blog LOG

"I don't want to pay $22 for a double. Sorry, Marvin. Your trendy, yet oddly cruddy atmosphere is not worth paying strip club drink prices for."

FARMFRESHMEAT.COM WILL NO LONGER BE ATTENDING SUNDAY BRUNCH AT THE 14TH STREET HIPSTER LOUNGE, ADDING, "I NEED TO TRUST MY GUT MORE ABOUT PLACES LIKE THIS."

JONATHAN NEWTON/TWP

"That proved to be a good decision, since at one point we ventured into the infield. Oh, my God. A crazy, muddy, drunken, filthy mess."

INFINITECONNECTIONS.BLOGSPOT.COM IS GLAD SHE OPTED AGAINST WEARING HER SUNDRESS TO HANG OUT WITH HER BROTHERS AT THE PREAKNESS STAKES SATURDAY.

"MY MOTHER WAS a Red Hat Society member, and I just realized I'm about 10 years away from that designation."

MUSINGSOFACHICK.BLOGSPOT.COM ISN'T SO SURE HOW SHE FEELS ABOUT REACHING MIDDLE AGE, ADDING, "THIS IS TOO WEIRD. ... I'M GOING TO USE MY CRAYONS LATER TO BALANCE EVERYTHING OUT."

"WOULD YOU GET plastic surgery to further your career? Nobody likes to think that an attractive colleague might have a greater advantage in the workplace."

ZANDRIA.US HAS ISSUES WITH THE FACT THAT SO-CALLED ATTRACTIVE PEOPLE TEND TO GET PAID MORE, ACCORDING TO A RECENT U.S. NEWS ARTICLE.

"ARE THEY REALLY TRYING to be a boy band? Sure, they look pretty fly in the suits, but all I could think of was 'N Sync and Backstreet Boys. That era has passed."

MISHL982.BLOGSPOT.COM WAS SURPRISED BY NEW KIDS ON THE BLOCK'S DECISION TO WEAR MATCHING OUTFITS ON THE "TODAY" SHOW LAST FRIDAY, ADDING, "I JUST THINK THEY NEED A DIFFERENT KIND OF IMAGE."

Discussions

Traffic Trouble

DR. GRIDLOCK was online Monday to discuss the Wilson Bridge expansion, the affect of Georgia Avenue congestion, and Metro rush hour fare versus non-rush hour fare.

Last week was the opening ceremony on the second span of the Woodrow Wilson Bridge. Great — when will it actually open for traffic?

End of the month. There's going to be another traffic disruption at the bridge on the weekend of May 30-June 1, because the inner loop lanes will be shifted onto the new span. After that, you'll have the outer loop on the south span and the inner loop on the north span, the newest of the two. At first, it will be three lanes on each span. Then in the fall, two express lanes will open on each span, so there will be a total of five lanes operating on each span.

Is there any hope for better public transit and reduced congestion near I-495 and Georgia Avenue? My commute downtown on Metro is super-expensive, and crossing Georgia Avenue as I walk to the Metro is dangerous — several times I've almost been hit by distracted drivers.

I believe the state of Maryland is studying construction of a pedestrian walkway across, or under, Georgia Avenue for people to reach the Forest Glen Station. It would be very expensive, but many people know how dangerous that crossing is. Can't think of any major transit improvements that are going to help you.

If someone puts their farecard through a Metrorail turnstile before rush hour starts, but exits during rush hour, which fare is charged?

The fare you pay is based on the time you enter the system.

TODAY ON DISCUSSIONS: Rep. Jim Moran of Virginia will take your questions about his work and goals during this session of Congress at 11 a.m. | **washingtonpost.com/discussions.**

DO

EXPECT MORE SPEED CAMERAS, FREDERICK. Officials in Frederick, Md., have voted to extend the use of the city's red-light cameras, which currently monitor seven city intersections. Police Chief Kim Dine says the number of citations fell last year at most locations, proving the cameras are effective.

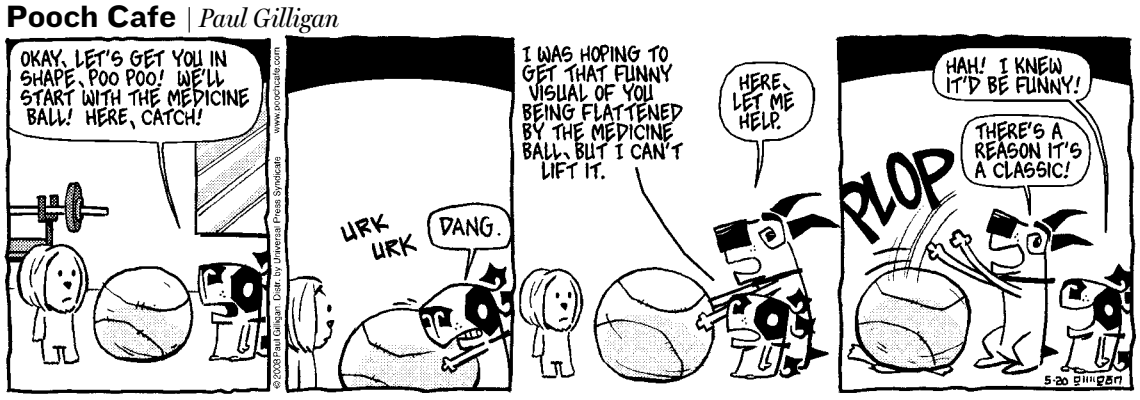
Look out

Bizarro | *Dan Piraro*

Cornered | *Mike Baldwin*

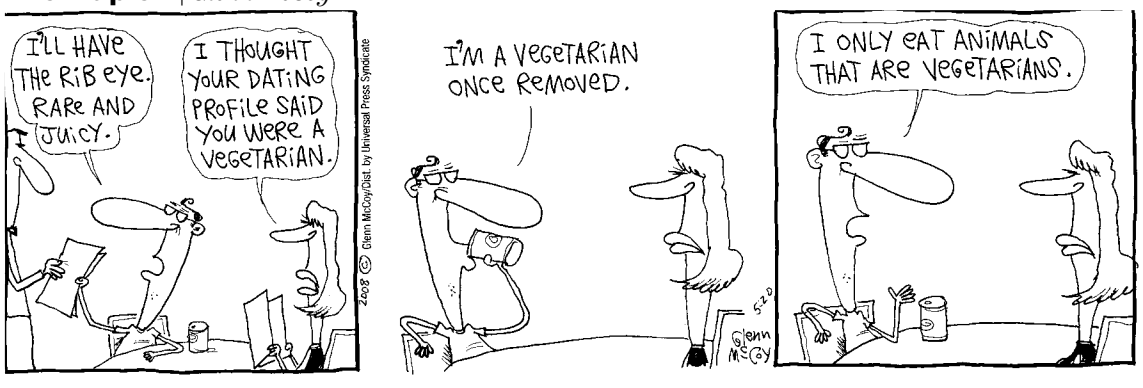
"Their case was all circumstantial until you yelled, 'CURSES, FOILED AGAIN!'"

Pooch Cafe | *Paul Gilligan*



Pearls Before Swine | *Stephan Pastis*

The Duplex | *Glenn McCoy*



Horoscope

By Stella Wilder

TAURUS (April 20-May 20) Now is the time for you to make amends with someone you may have offended, unintentionally, in the recent past. Be honest.

GEMINI (May 21-June 20) You may be trying to hide something about yourself from yourself — but you can be sure the attempt will be unsuccessful. Face the truth.

CANCER (June 21-July 22) You have a knack for remembering faces, but the names may escape you. If you are apologetic, no one should be offended.

LEO (July 23-Aug. 22) Do things by the book — but use your imagination, too. A creative approach can make a familiar endeavor pay off for you far more than usual.

VIRGO (Aug. 23-Sept. 22) You may not be in a position to enjoy creature comforts, but you can enjoy the challenge of roughing it. It's an adventure, to be sure.

LIBRA (Sept. 23-Oct. 22) Take care you don't become distracted by issues that stem from your own vanity. There are more important things to address than your image.

SCORPIO (Oct. 23-Nov. 21) This is a good day to take certain chances and to see what gains you can reap from an unusual endeavor. Take a friend along for the ride.

SAGITTARIUS (Nov. 22-Dec. 21) You may be looking at things in an overly simplistic fashion at this time. This can prompt some disagreement between you and a partner.

CAPRICORN (Dec. 22-Jan. 19) A former interest is likely to resurface before the day is out. There will be time for you to explore the potential of this surprise.

AQUARIUS (Jan. 20-Feb. 18) Take pains to learn as much as you can about a situation before asking questions that others may consider obvious.

PISCES (Feb. 19-March 20) Someone is likely to present himself or herself as a rival of sorts, one who is determined to test you every step of the way. Get ready.

ARIES (March 21-April 19) There is no need for you to abandon a project at this juncture. Stay the course, and proceed down your chosen path with dedication and confidence.

Letters

Israel Deserves U.S. Praise

THERE'S A REASON President Bush showered Israel with "effusive praise" while criticizing Israel's Arab neighbors for their poor human rights records, during his recent visit to the Middle East ("Bush Hits Mideast on Rights," May 19). Israel is a true democracy and has been for its 60 years of existence. Its neighbors, however, are uniformly undemocratic and include some of the most notorious abusers of human rights in the world. Israel deserves every ounce of our admiration.

—AVI MAYER
Silver Spring, Md.

WRITE TO EXPRESS: Include name, hometown and telephone number. Submissions may be edited. E-mail to inbox@readexpress.com or mail to Express Letters, PO Box 17370, Arlington, VA 22216.

Today in History

1506 Explorer Christopher Columbus dies in Spain.

1861 North Carolina votes to secede from the Union.

1908 Actor James Stewart is born in Indiana, Pa.

1927 Charles Lindbergh takes off from Roosevelt Field in Long Island, N.Y., aboard the Spirit of St. Louis on his historic solo flight to France.

1932 Amelia Earhart takes off from Newfoundland to become the first woman to fly solo across the Atlantic. (Because of weather and equipment problems, Earhart lands in Northern Ireland instead of her intended destination, France.)

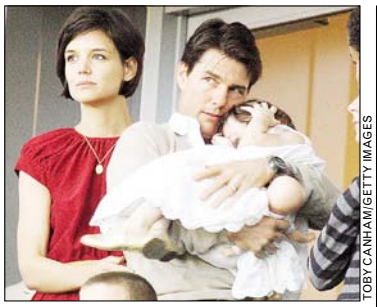
1993 An estimated 93 million people tune in for the final episode of "Cheers" on NBC.

AFP

Lindbergh made his historic flight in 1927.

PostPoints DAILY CODE BA

Look out | People



TOBY CANHAM/GETTY IMAGES

The Cruises assume the "American family reacts to alien attack" position.

THEATER

Miller Pleased With Craven Stunt-Casting of His Play

Arthur Miller's "All My Sons" will be revived this fall, featuring John Lithgow, Dianne Wiest, Patrick Wilson and, making her Broadway debut, **KATIE HOLMES**. (AP)

ESTATES

Hope Too Dead to Joke About

Nearly 800 items of **BOB HOPE** history will be sold to fans and dealers alike at an October charity auction commissioned by the family of the famed comedian, who died in 2003. (AP)

DANNY MOLOSHOK/AP

APPEARANCES

She Summons Us

Though going out on tour means connecting with fans, it can also mean many hours, high stress and sleepless nights. **JANET JACKSON** says she's looking forward to all of it. "I love all of that, all of that pressure. I really do," she said Monday as she geared up for a North American tour to kick off in September. The tour opens in Vancouver, British Columbia, on Sept. 10. (AP)

SPEECHES

Ringo Uses Up Both Words in His Vocabulary

"Yeah, you! Stop mining your dead pal's fame!"

Beatlemania erupted at London's Chelsea Flower Show on Monday as **RINGO STARR** joined George Harrison's widow for the opening of a garden inspired by the "quiet Beatle." Photographers swarmed as Starr drove up in the Mini decorated with symbols of the Hindu faith that Harrison embraced. "Peace and love," Starr said as he kissed Olivia Harrison on each cheek. Harrison, who died of cancer in 2001, was an avid gardener, and the display at the flower show reflects that interest. The Chelsea Flower Show is the premier event on Britain's gardening calendar. (AP)

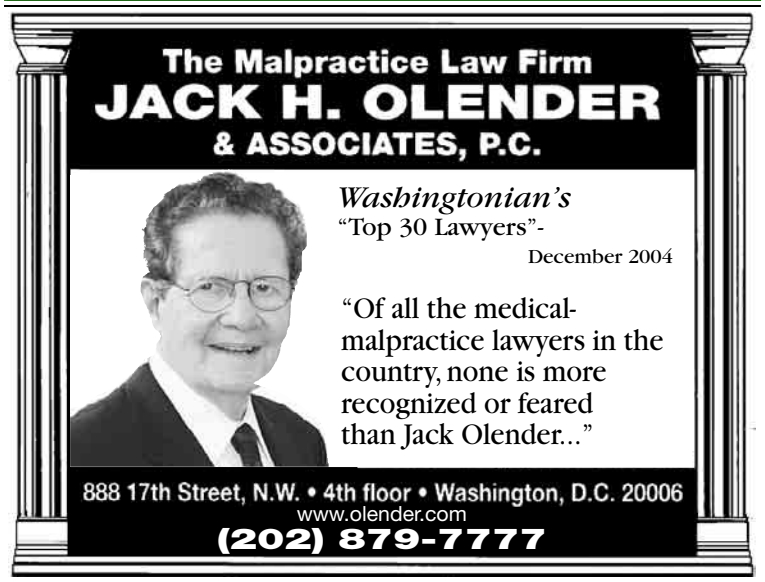
WHINING

True Country Fans Do Not Have Internet, Electricity

KENNY CHESNEY won the Academy of Country Music Awards' entertainer of the year award for a fourth straight time Sunday and then complained about it. For the first time in the show's 43 years, the top prize — traditionally decided by ACM members — was determined through online voting. The Academy, he said, turned the award "into a sweepstakes to see who can push people's buttons the hardest on the Internet." (AP)

FREDERICK M. BROWN/GETTY IMAGES

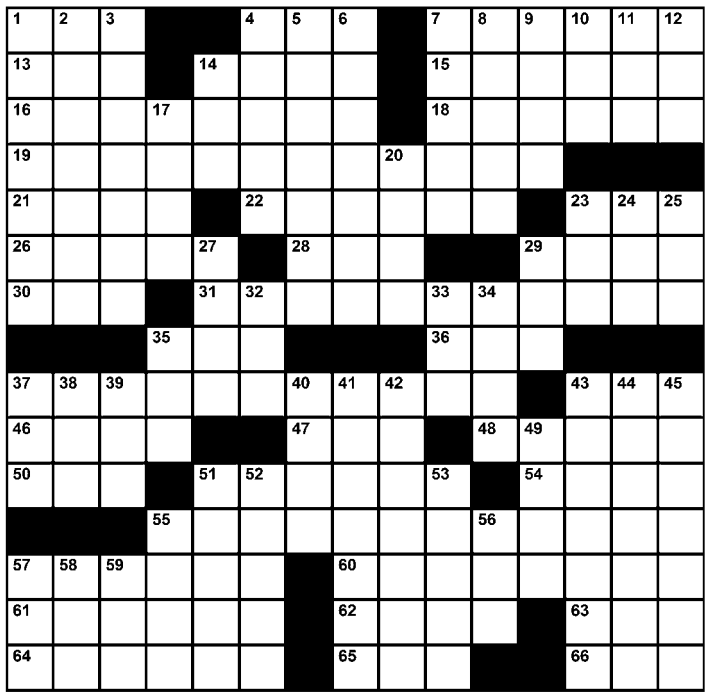
"The Academy of Country Music can take this award and ... and ... BLOG it!"



LOOK out

CROSSWORD | BEHIND THE SCENES

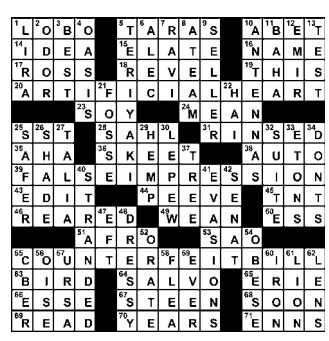
EDITED BY TIMOTHY E. PARKER



ACROSS
1 Zero reaction?
4 Worn-down pencil
7 Least prevalent
13 Riddle-me-___
14 Entertainer Horne
15 Newspaper bigwig
16 Most fidgety
18 Adjective for Mary
19 It has a subtly menacing message
21 Taj Mahal city
22 Certain language of Ethiopia
23 Winery vessel
26 Judges
28 Rotate the camera
29 Steppenwolf's "Magic Carpet ___"
30 Verb ending?
31 Julia Roberts film
35 Honorarium
36 Long geological period
37 Haunted house feature, often
43 Smith/Jones blockbuster, for short
46 "Don't rush into anything!"
47 Unhealthy-sounding beverage?
48 Lincoln Center offering
50 Dernier ___ (the latest fashion)
51 Guitarist Santana
54 Arabian sultanate
55 Great thing for one to discover
57 The 36 in a 17/36 shirt
60 White-flowered shrub
61 Go off the track
62 Touchdown data, briefly
63 Cap that may be partly plaid
64 Use a Swingline
65 Condensation result
66 Roll-___ (some deodorants)

DOWN
1 Cocksure display
2 Goes back on
3 Many a Floridian
4 Must-haves
5 Clears, as clogs
6 Toweling-off spot
7 Reject authority
8 1952 and '56 candidate Stevenson
9 Type of act or squad
10 Zone for D.D.E.
11 Grass patch
12 Take a whack at
14 You can do it on your side
17 Vigorously close
20 Indian princess
23 Relative of "i.e."
24 Woodworker's tool
25 Twinings offering
27 "Peter Pan" pirate
29 ___ Tin Tin
32 Then again
33 Bee chaser?
34 Game you can't play left-handed
35 Sizzle in the heat
37 Word on wine bottles
38 Corn serving
39 Forensic letters
40 Pal on the prairie
41 Maintained
42 One in an incubator, perhaps
43 Vacationer's purchase
44 Tehran dweller
45 Small chickens
49 Barbershop emblem
51 Like some liberties
52 Fred's dancing sister
53 Scarecrow stuffing
55 Car that's seen better days
56 You see them after they're taken out
57 Radical '60s org.
58 "___ bygones be bygones"
59 Timeline segment

Yesterday's Solution



SUDOKU | MEDIUM

© PUZZLES BY PAPPOCOM

Fill in the boxes so each row, column and 3-by-3 square includes the digits 1 through 9. See www.sudoku.com for solution, tips and computer program.

Need more Su|do|ku?
Find another Sudoku puzzle in the Comics section of the Post every Sunday and in the Style section Monday through Saturday.

		1		3	9			
4	9	2		1				
		6	7			5		
		9					8	
6		5				2		4
	7					1		
		7			4	6		
				6		9	1	3
			1	8		4		

Yesterday's Solution

1	7	3	8	5	2	6	4	9
4	5	9	3	6	1	7	8	2
8	2	6	4	7	9	1	5	3
7	8	5	9	3	6	4	2	1
3	9	2	1	8	4	5	6	7
6	1	4	5	2	7	3	9	8
5	6	1	2	9	3	8	7	4
9	4	8	7	1	5	2	3	6
2	3	7	6	4	8	9	1	5

express

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THANK YOU

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Worldwide Estimates

· 33.2 million people are living with HIV/AIDS
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· 1.7 million adults died of AIDS in 2007

United States Estimates

· More than 1 million people are living with HIV infection
· One-quarter are unaware of their HIV infection
· The District of Columbia has the highest AIDS case rate in the nation
· At least 40,000 people are infected with HIV each year

Sources: UNAIDS, CDC

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fit

Attack cellulite with a relaxing bath or an exhausting class **E10**

Medical diets can help sick kids and adults battle their serious illnesses **E7**

Which vitamins, and hype, men should swallow **E8**

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POWER OF THE POSE

THIS WEEK, SCIENTISTS GATHER IN D.C. TO SING THE PRAISES OF YOGA AS A MEDICAL TREATMENT **E4**

BaggageCheck

GOT ISSUES? DR. ANDREA BONIOR WILL HELP YOU SORT THEM OUT

How to Stop Mother, the Snooping Spy

Q I think my mom is spying on me. I busted her in my room sorting through my things to find my diary. She had no idea I was there, and once she realized it, she froze and ran downstairs. I was livid, as the last time she did this, I had, without thinking, wrote that I had a crush on someone, which she ended up blabbing. It was very embarrassing. I feel like a prisoner in my own home and that she's my worst enemy now, when we used to be friends. How do I convince her I'm a good kid and that I deserve some privacy?

— NO NAME

ERIC REECE

Wow — a diary that doesn't start with "www"!

Your mother might have a ton of reasons for snooping, but I'll readily admit that none of them could quite win a gold star. And her revealing your secrets is indefensible.

So, not to blame you, but to try to understand her, you might examine whether there's something you've been doing that gives her serious reason to be concerned about your health or safety. If that's the case, acknowledgement of that can be a conversation starter, and it can help you reconnect and, ideally, assuage her concerns (and help you with whatever's going on).

Barring that, your mother might still be acting on some pretty understandable — though unjustifiable and even harmful — urges. Her actions could be stemming from fear, love or something more insidious: I'd have to sit her on the couch to have a clue. But the best way to convince her that you're a good kid is to keep being one. Try to help her understand why your privacy is important and how it feels to have it violated: You might agree on some ways to increase open communication. If all else fails and you find your relationship breaking down, you might try to seek out another trusted adult for support. And, perhaps, a good lock.

Worried About Future Worry

Q I'm in my early 30s and have been married for two years. I am, admittedly, terrified of bringing children into this world because of my own anxiety problems. I have a history of being more than just a worrier, to the point that it gets in the way of my own sanity. I had a dog throughout my 20s, and I know it sounds silly, but even that made me an overprotective, hovering mess! Friends tell me that having a baby means you will forever be stressed about something. But I also can't believe that no one who has ever had stress problems has been a successful parent. My husband brushes off my concerns and says "we'll be fine" and he's in no rush. — FUTURE MOM OR FUTURE MESS?

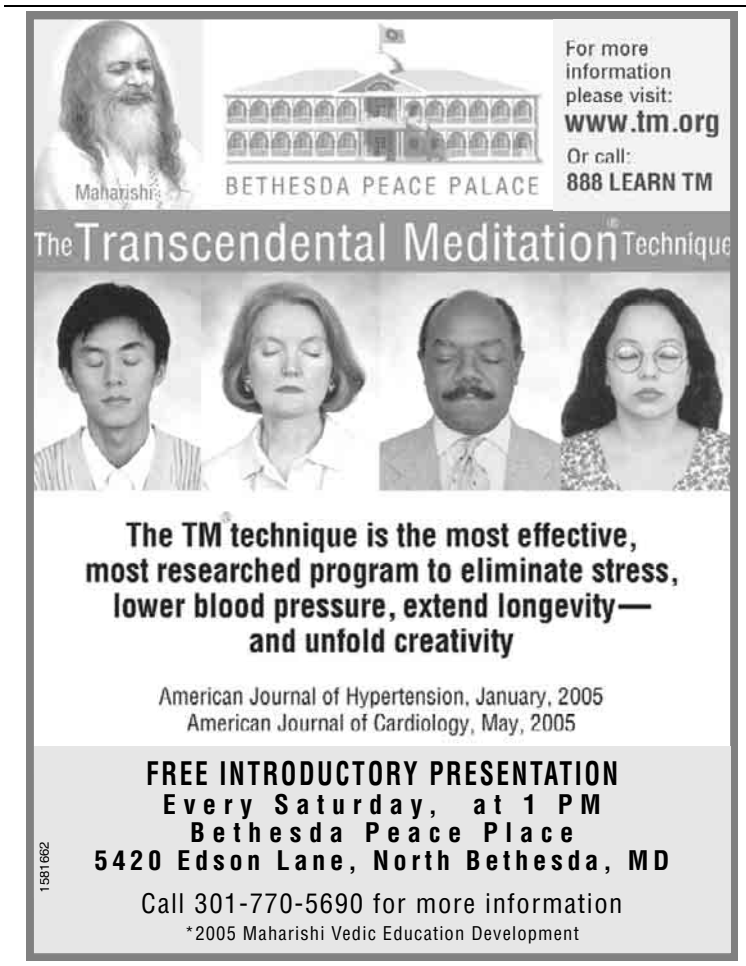
Taking notes here: overprotective, hovering, mess — bad?

I think you're hitting the fast-forward button with the talk of children. You deserve help now, in your daily life — not because you're in danger of keeping your future sons in those leash-backpacks until they're sporting mustaches.

Yes, parenthood will go more smoothly if you can buff the edge off these anxiety problems (just read the above letter!), but so will next week's grocery shopping for arugula. A good cognitive-behavioral therapist can give you tangible help in fighting the panic cycle by exploring its origins and hammering away at the thoughts and actions that perpetuate it.

Of course, babies come with the ability to stress out their parents. (It's a superpower, like their ability to create tri-color stains!) But don't let that make your anxiety worse: The joys that they can bring are not limited to those who have never been prone to freaking out. Be the healthiest you can be, for yourself as an individual. And in turn, you'll feel, and be, more healthy as a parent.

@ Send your mental health and emotional wellness questions to Andrea Bonior, Ph.D., at baggage@readexpress.com. This column is not a substitute for one-on-one care.



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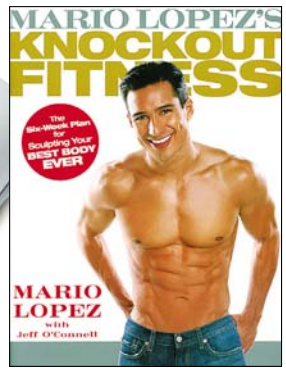

NEW IN HEALTH
warm ups

SENSE OF TASTE

Downing vitamin water by the bottle is a pricey proposition, unless you get your slightly sweetened sips in bulk with FruitSense ($3.49, grocery stores). The 64-ouncers come packed with trendy juices (mangosteen), vitamins and functional ingredients (EGCG and echinacea). And it's just 45 calories per serving.

PERFECT FIT?

Nintendo's Wii Fit ($90) finally launches in the United States this week! See how well your body takes to its balance board, which figures out how your weight is distributed to determine whether you're exercising correctly. In 10 years, will gyms still exist?

UNDER FEET

Headed in one direction for a long time? Buy running shoes. But if you're diving, sliding or side-stepping, Under Armour wants you to do it in its new trainers ($80-$100, Underarmour.com), which promise to make jumps more explosive and landings more comfortable.

SUPER MARIO

No one has been waiting for Mario Lopez to come out with a book, and yet, here's "Knockout Fitness" ($27, Rodale). Shirtless photos aside, it's a handy compendium of tips: weight training exercises, biking workouts and meal plans with recipes (Mario digs lime and hot sauce, FYI).

GUINEA PIG

Groan Alone

■ The name "Anytime, Anywhere" for the 10-minute online videos from Baltimore's Home Groan Fitness (Homegroanfitness.com) is a bit of a stretch. Are you going to have a stability ball with you anytime to perform the wall squat in the "Four Exercises to Shape Your Bottom" video? Can you really cha-cha along with "Latin Fusion 1," above, anywhere? Not so much.

That said, they're fun snippets to give folks ideas about how to try something outside their comfort zone and get it done fast. One major complaint: With just one new video added every two weeks, there isn't a lot of content to keep your body moving — unless you want to do "Latin Fusion 1" repeatedly.

Another promising feature on this members-only site (access is $10 per month) is demo clips of exercises. Performed so viewers can see the entire range of motion in a move, they're handy for people trying this stuff at home. But again, there's just not that much content.

If it bulks up a bit more, however, it might not make us groan so much.

VICKY HALLETT (EXPRESS)

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THE MISFITS

Smelled It Later

Q To treat myself and inspire confidence, I bought some new microfiber gym clothes (rather than the ratty T-shirts I had been wearing). The first couple times I wore my outfits, I felt like a true athlete, but I have run into a big problem. I wash my gym clothes after each sweat session, but within five minutes on the elliptical at the gym they begin to stink! The smell is so embarrassing it almost discourages me from going to the gym. Is it me? Is there something I can wash my clothes or body in to prevent this smell? — AMY

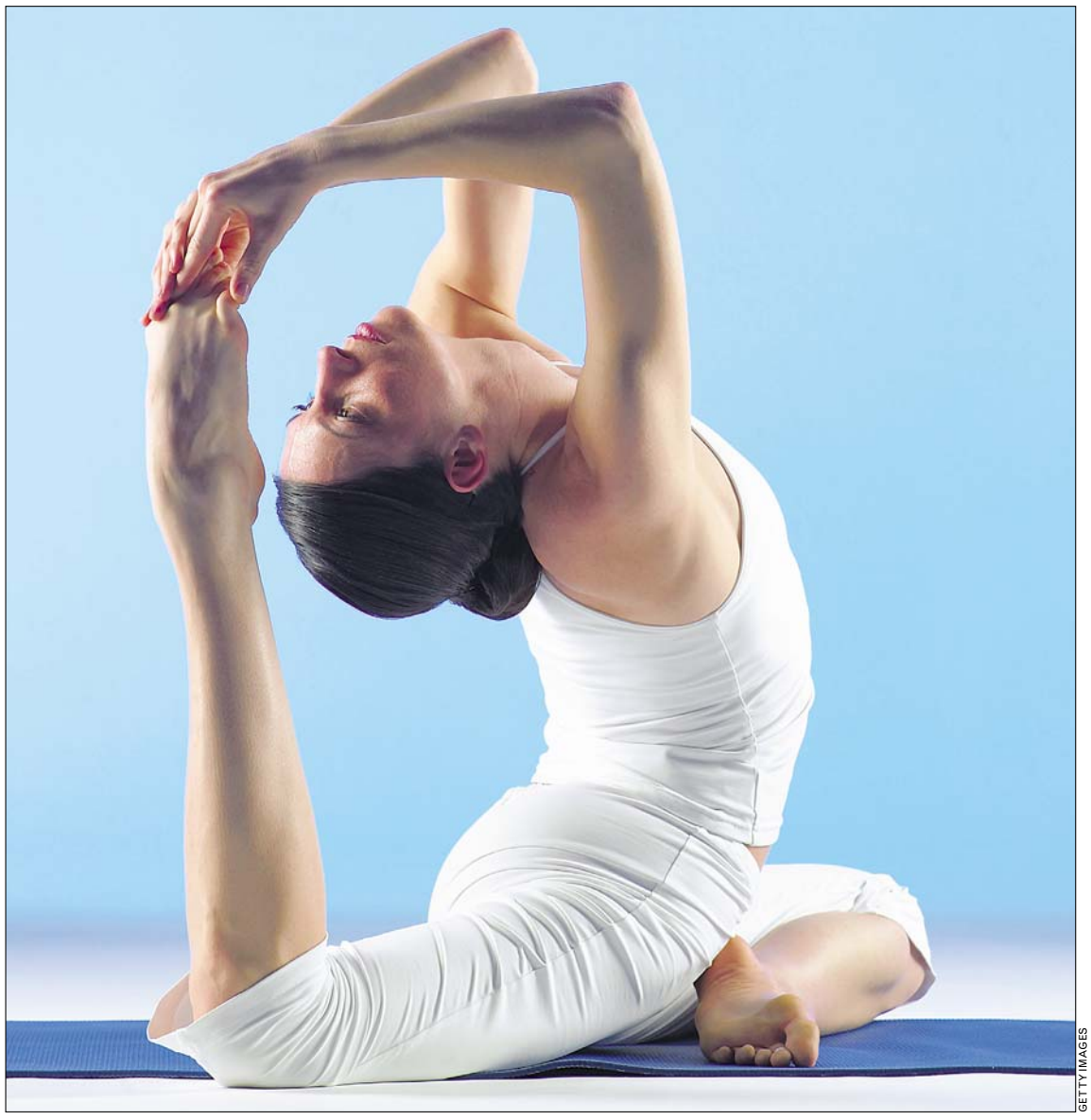
■ Those high-tech fabrics seem ideal for exercise: They feel so soft against the skin! They keep you dry! They prevent chafing! But as you've discovered, there's a downside: They can get more pungent than three-year-old cheese.

"You're not crazy," says Dee Anna Glaser, a physician and professor of dermatology at St. Louis University School of Medicine, who has had patients approach her with the same problem. While these clothes are designed to wick moisture away from the skin, they're not doing anything to shoo away the odors and, in fact, seem to trap them more than plain old cotton.

To banish your newfound stench, you could start by trying one of the specially formulated sports detergents on the market. There are a few brands, including Win (Windetergent.com) and Penguin Sport-Wash (Penguinsportwash.com), that claim to zap away icky smells that the usual suspects leave behind. Glaser also recommends presoaking problematic items in white vinegar ("Just a couple of teaspoons in a quart or two of water," she says).

Or, you could always go shopping again. Some of these sporty clothes now come with other fancy features, such as antimicrobial treatments, that are supposed to destroy odor-causing bacteria.

@ Vicky Hallett is one of the MisFits, the fitness team for The Washington Post's Health section. Find more of her answers to reader questions on page F3 of The Post every other Tuesday, alternating with personal training insights from her gym buddy, Howard Schneider. Contact the MisFits at misfits@washingtonpost.com



GETTY IMAGES

The Posing Panacea

NIH researchers present evidence that yoga can fight health woes

Thousands of years ago, when Hindu priests first developed yoga, they weren't setting out to find a magic bullet — just a ritual to invigorate the mind and body in their quest for spiritual enlightenment. So, they would probably be quite surprised to see what's on tap for the National Institutes of Health's first annual Yoga Week (May 19-23): Five full days devoted to the science behind the practice.

"This idea came out of the desire to create something free to learn about the benefits," says organizer Rachel Permuth-Levine, who's presenting the public event through a partnership of several institutes and offices. In particular, the aim is to showcase recent data about yoga's ability to treat various ailments.

"Part of it is palpable. Try it for two minutes and you'll feel it even if you have no experience or don't believe in it," promises Timothy McCall, a physician who serves as the medical editor of "Yoga Journal" (he'll be speaking Wednesday).

Keep it up, and the results are bound to be even more profound, according to Sat Bir Khalsa of Harvard Medical School, who has been studying yoga's effects on insomnia (and will be speaking Thursday). His test subjects were prescribed a daily 45-minute practice that relies on four meditation and breathing exercises. "It definitely works. Its efficacy is similar to sleeping pills," he says.

But before mainstream medicine will accept ancient Eastern wisdom, Khalsa and others need to continue to provide meaningful stats.

> "There are many gurus, many systems, and there's healing in every one."

That's what Lorenzo Cohen, director of the Integrative Medicine Program at the University of Texas M. D. Anderson Cancer Center, is hoping to do. In his studies using yoga to help women undergoing breast-cancer treatment, he has noted improvements in sleep quality, physical function and overall quality of life. In the next round, he's adding a group doing simple stretching instead of a hatha yoga practice.

"One aspect of yoga is stretching, but if the purpose of yoga is to understand our real conditions and get connected with others, that goes beyond being physically fit and able to relax," says Cohen (speaking Tuesday).

An obstacle in developing this research is defining what exactly yoga *is*. The term is an umbrella that covers a range of styles, from the ultra-physical variety that's high on sweat but low on philosophy, to ones that are essentially meditation without any posing at all.

McCall believes "there are many gurus, many systems, and there's healing in every one." But which one is the right one for each medical condition? It's an issue that remains to be addressed.

In Kimberly Williams' case, a yoga injury eventually led her to studying yoga and lower back pain at West Virginia University. "If you're off by a small amount in a pose, it can be aggravating," admits Williams (speaking Thursday).

There's also the matter of side effects. McCall notes that beyond its clinical applications, a regular practice seems to encourage people to become more self-aware and kick bad habits — quit smoking and drinking, eat healthier food, treat others more compassionately. Over time, these changes can have a dramatic impact on health. "But although it's strong medicine, it's slow medicine," he adds.

Or, to put it another way, it's preventative medicine. And although it's unlikely yoga will ever replace drugs and conventional therapies completely, it seems smart to save some space for it in the medicine cabinet. VICKY HALLETT (EXPRESS)

MAT ATTACK

→ Want to see what yoga can do for your health? Grab a mat and head over to any of the week's daytime sessions — they're free and open to the public (although non-perishable food donations are being accepted Wednesday and Thursday). For exact locations and a schedule of events, see Does.ors.od.nih.gov/fitness/yogaweek.htm.

Skip the Advil; Try Anusara

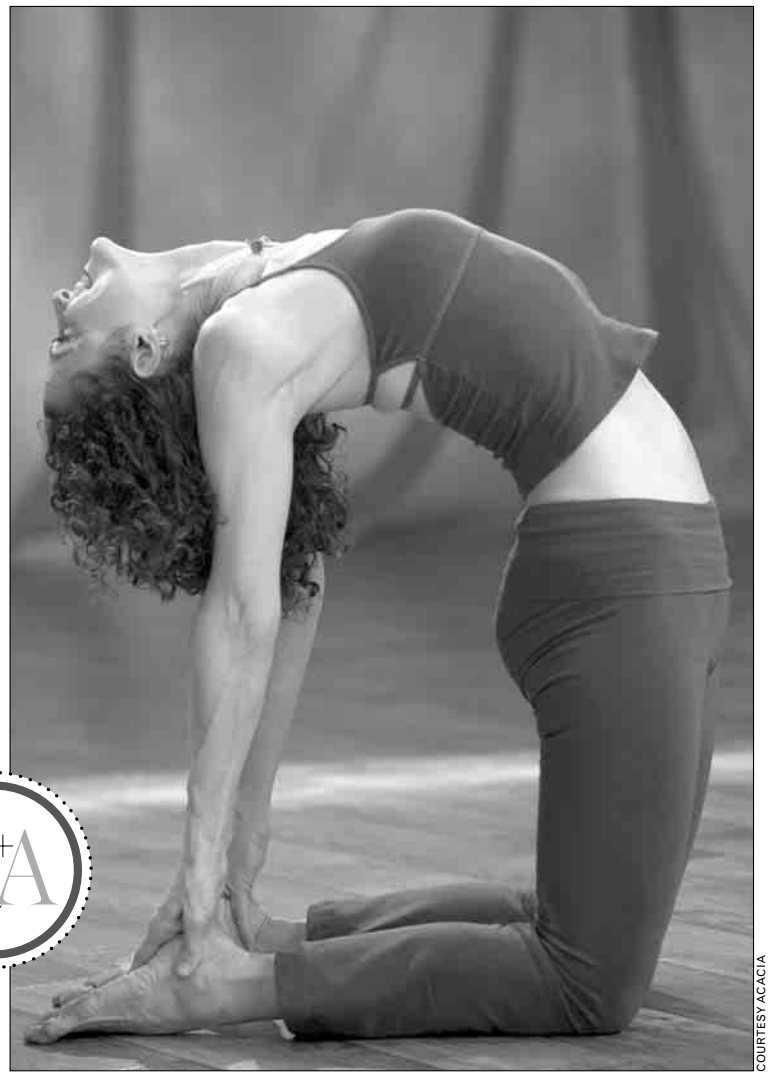
New DVDs tout yoga's talent for treating pain and aligning the body

When Desiree Rumbaugh filmed "Yoga to the Rescue" and "Yoga to the Rescue for Back Pain" ($15 each, Acacia), her goal wasn't to string together a traditional yoga practice — although after two decades of studying and teaching anusara, she'd certainly be able to. Rather, she wanted to show how yoga's stretching and strengthening can have therapeutic properties by erasing chronic aches.

Q+A

Why do you think yoga can be used to relieve pain?
It's something I learned by studying anusara. In anusara, we don't approach a pose wanting it to look good. It's about how you do the pose to make the body work more properly. Alignment can be a total miracle.

So, you never have any pain?
I've hurt everything — my neck, lower back, both knees, my shoulder. Then I healed it all through this technique. I've had direct experience, and it can be immediate. It's all about alignment. When the body is in proper alignment, it doesn't hurt. If your thighs go backward, your back will feel better. Yoga poses require you to be centered. Advil is just a pain reliever that takes down the inflammation, while yoga will make your pain disappear. It's kind of like self physical therapy.


COURTESY ACACIA

Desiree Rumbaugh claims to have healed all her aches and pains through anusara.

Why are props helpful?
Blocks and rolled-up blankets are inexpensive, and they provide assistance when you need it. And you need it if it's painful. All stretching when it's deep feels like something, but it shouldn't feel like sharp, awful tension.

> "Advil is just a pain reliever that takes down inflammation, while yoga will make your pain disappear."

Sometimes yoga hurts though, no?
There are people who get hurt doing yoga, but they won't be if they're doing it biomechanically. Some people think they can't do yoga or that it's bad for them, but, really, they're just tight.

Are there certain poses that you think everyone should be doing?
There are categories everyone should be doing: back bends, forward bends, twists and inversions. But everyone can do shavasana — that's just lying down on your back. And everyone should know how to do tadasana, which is standing on two feet, but there's an art to learning how to do that. When people stand for one way for such a long time, it can feel natural. VICKY HALLETT (EXPRESS)

TRAIL BLAZER

CHRIS COMBS/EXPRESS

Chain Grease, Not Skin Grease

■ Forget the acid-washed jeans and chronic acne. Cherish the good: You know, that awkward slow dance with the guy from your chemistry class with the wandering hands. (Shudder.) Or give history another spin this Friday at the Washington Area Bicyclist Association's **BIKE PROM DANCE PARTY** ($5, 9:30 p.m.) at the Black Cat (1811 14th St. NW; 202-667-7960).

"I have a pink '80s prom dress I'm going to wear," says WABA membership and development assistant Jennifer Bress, who's DJing. "It's got a heart-shaped neckline with a couple rosettes on top, short ruffles. It's hot pink." Instead of splurging on a limo, she and date Matt Castelhano will cycle there themselves. While her dress is short enough to avoid damage, Bress advises other prom-goers to "stay away from long flowy dresses that could get caught in your wheels."

Upon arrival, couples can lock up their Fujis and Schwinns at extra WABA-provided racks outside. Next, they'll stop in a photo booth for formal photos before walking into the Cat's Backstage area, festooned with streamers. There will be punch and a crowning of a "best dressed" prom queen and king. Even if those honors elude you, there's still a chance to win raffle prizes from Fabric Horse (Fabrichorse.com) and Chrome Bags (Chromebags.com). Or just revel in the tunes Bress spins. Guaranteed on her set list is Montell Jordan's "This Is How We Do It," for starters.

And since the party goes past curfew, remember to bring cycling lights for your ride home. More importantly, fellas: Don't forget your date's corsage. "I'm going to do that today," says Castelhano. Just pin it on after you cycle there. KRIS CORONADO (EXPRESS)

SIDEBAR TITLE

Weighty Opportunities

■ There's no gritty charm in having a pile of old-school dumbbells hogging precious square footage in your living room. Banish them to the closet, though, and they go out of sight, out of mind. These fancy new iron alternatives are simple and space-efficient, but they'll still kick your butt.

HARBINGER WEIGHTED FITNESS BALLS
Calluses are a non-issue with these pliable anti-burst balls. Velcro straps keep your hands in place, so you never lose your grip; the soft PVC material won't dent your coffee table. (from $20, see Harbingerfitness.com for stores)

POWERBLOCK SPORTBLOCKS
Each SportBlock set is actually eight pairs of dumbbells in one; better yet, their block shape tucks into any corner. They work like the machines at the gym: Move a pin up or down to adjust in 3-pound increments from 3 to 24 pounds. ($129 per pair, Powerblock.com)

Harbinger's Weighted Fitness Balls won't dent your coffee table.

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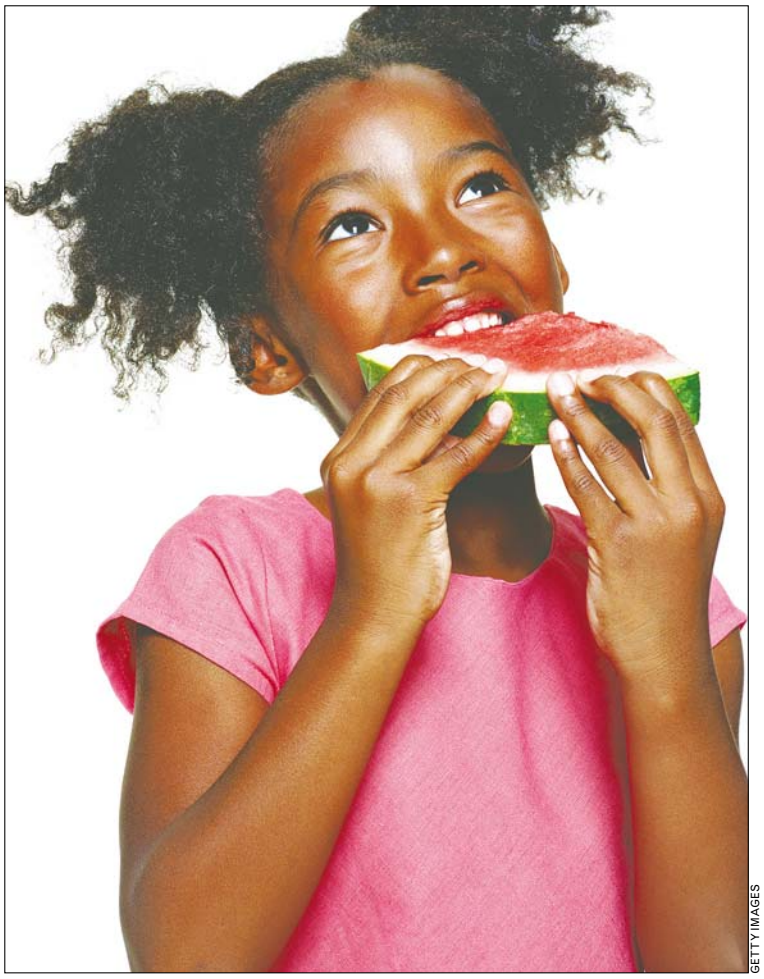
Eating Away at Serious Illness



GETTY IMAGES

A diet rich in brightly colored fruits and veggies can help fight inflammation.

Special diets can target diseases such as epilepsy and diabetes

Lydia Becket was only 1 year old when the seizures started — racking convulsions that came in waves, often several per day.

For the next two years, her parents tried one medication after another: Tegretol, phenobarbital and Topamax. The same drugs that bring relief to many children with epilepsy just made her sicker.

Then Lydia's medical team put her on a ketogenic — or high-fat, low-carbohydrate — diet. Within a week, she was seizure-free.

"I don't know where we would be if it wasn't for that diet," said her mother, Camilla Becket, maker of the film "Childhood Epilepsy: What You Need to Know."

The diet, more than 85 years old, made headlines recently. In a randomized controlled study of 145 children ages 2 to 16 who had more than seven seizures a week and were unresponsive to medication, there was a 38 percent reduction in mean seizure frequency among the 54 children assigned to receive the ketogenic diet.

Using diet to control disease is nothing new. One example is a diet low in starches and sugars for diabetics. But now, other therapeutic diets are gathering steam in mainstream medicine. One is the anti-inflammation diet. "Inflammation appears to be a common thread of many chronic diseases of aging, like Alzheimer's, heart disease, diabetes and common forms of cancer," said David Heber, of the University of California, Los Angeles' Center for Human Nutrition.

The diet involves reducing total fat, which reduces omega-6 fats — which are believed to promote inflammation — and boosting levels of omega-3's. Adherents also eat lots of richly colored fruits and vegetables.

Alteration of diet may also be powerful in the prevention and treatment of eye disorders, said Allen Taylor, of the USDA Human Nutrition Research Center on Aging at Tufts University.

Diet has also been shown to lower the risk of diabetes in people with pre-diabetes, sometimes even returning their blood sugar levels to normal. In a three-year trial, a low-fat, weight-loss diet (plus exercise) reduced by 58 percent the chances that a person with impaired glucose tolerance would go on to develop diabetes. It did so more dramatically than the diabetes drug metformin.

Mood disorders can be helped by diet when medications fail or as an adjunct.

In addition, a low-carb, ketogenic diet was found in a 16-week study of 28 overweight individuals with Type 2 diabetes to reduce the need for diabetes medications.

Mood disorders can be helped by diet, either when medications fail or as an adjunct, said Bill Sears, a professor of pediatrics at the University of California, Irvine, School of Medicine. "There's a lot of good science on food and the brain, particularly in the area of omega-3 fatty acids," Sears said. "In fact, the first so-called medicine I prescribe for a child with any type of learning, behavior or mood disorder is high doses of omega-3."

A 1998 study reported that countries with the highest rates of depression ate the least fish, whereas those with the lowest ate the most.

Not all studies, however, have reported a beneficial effect of omega-3's on mood disorders.

JANET CROMLEY (LOS ANGELES TIMES)

When Heavy Cream Is Healthy

■ The standard ketogenic diet, a dietary approach for managing medication-resistant epilepsy, calls for a 4-1 or 3-1 ratio of fat to protein and carbohydrates. Why this diet works in controlling seizures is unclear, but researchers theorize that the diet forces the body to burn fat rather than sugar for energy, which creates ketones. Higher ketone levels act on the brain to decrease seizures. Foods allowed on the diet include mayonnaise, heavy whipping cream, butter, oils, eggs, tuna, cheddar cheese, hot dogs, chicken and shrimp. Sugar is not allowed.

A related diet — the modified Atkins diet — is also used for some children with epilepsy. The diet calls for even fewer carbohydrates than in the standard Atkins diet. Unlike the standard ketogenic diet, it doesn't restrict calories, fluids or protein.

This is not a diet to be embarked upon lightly. It calls for close medical supervision, says Eric Kossoff, medical director for the Johns Hopkins Hospital Ketogenic Diet Center. "The ketogenic diet is neither alternative, holistic or healthy," he says. "It is an established medical therapy with real side effects, which include increased cholesterol, growth disturbance, constipation, acidosis and kidney stones."

However, he says, side effects are generally treatable and rarely require discontinuation of the diet. (L.A. TIMES)

LOCAL FLAVOR

Strawberry Short-Break

■ Hello, strawberry season! And, far too soon, goodbye. In fields near D.C., strawberries will be pick-able for just a few more weeks, so grab a basket and get out there. Now, with the mere mention of the juicy red fruit, some of us start salivating. There's nothing wrong with craving strawberries, because the diminutive treats pack some serious nutritional punch. Just eight have more vitamin C than an orange; they're also a good source of fiber, potassium, folic acid and antioxidants.

To harvest these super-fruits for yourself, head to Great Country Farms (Greatcountryfarms.com) in Bluemont, Va., about an hour from D.C., for the Strawberry Jubilee this Saturday, Sunday and Monday from 9 a.m. to 5 p.m. The festival boasts live music and plenty of kids activities, including a diaper derby (a race of crawling babies), a strawberry-rhubarb pie-eating contest and a whipped-cream tart toss. Of course, you can also pick berries. Farm co-owner Debbie Zurschmeide-Schoeb says this year's strawberry crop is "looking very, very good." "There's lots of blossoms out there, and lots of berries."

ISTOCK

Eight have more C than an orange.

Another venue for a local strawberry fix is the Delaplane Strawberry Festival (Delaplanestrawberryfestival.com) in Delaplane, Va.'s Sky Meadows State Park (10 a.m. to 5 p.m., Saturday and Sunday). No-frills berry hunters can check out the pick-your-own crop at Hollin Farms, also in Delaplane. (Hollinfarms.com). Sweet!

KATIE ABERBACH (EXPRESS)

VITALSTATS

85

THE PERCENTAGE OF HANDMADE EARRINGS BOUGHT IN SAN FRANCISCO FOR LESS THAN $50 THAT CONTAINED POTENTIALLY HARMFUL NICKEL.

Learn Your ABCs

Which vitamins men need — and why too many can be unhealthy

Imagine your doctor walking into the treatment room and scribbling out prescriptions for drugs to treat high cholesterol, high blood pressure and thyroid disease — without testing you for those conditions.

As improbable as that sounds, it's happening all the time in the anything-goes world of vitamins and other dietary supplements. Consumers see ads touting supplements that offer everything from memory improvement to muscular development, and they start popping pills on blind faith that these claims are backed by sound science.

The hype can cut both ways, however. Be skeptical of reports that vitamins will send you to your grave. A recent study in the Journal of the American Medical Association made for dramatic headlines, thanks to findings that high doses of antioxidants can increase your risk of early death. The study — actually an analysis of 68 previous studies — found that the risk of early death increased by 7 percent with beta-carotene intake, 16 percent with vitamin A intake and 4 percent with vitamin E intake. But it's important to put these findings into perspective. What the study authors didn't say is that the subjects included people who suffered all sorts of chronic ailments; in some of the studies, people were taking doses as high as 65 times the recommended daily value.

What's true is that there's a threshold past which vitamin consumption can actually increase your risk for cancer and other diseases. What follows is a guide to make sure guys don't cross that threshold.

ISTOCK

Take Less, Not More

If you remember only one thing about vitamins and antioxidants, make it this: A healthy guy with a good diet should take one low-dose multivitamin, such as Centrum, each day. Nothing more. Low doses of vitamins and minerals have been associated with the best results thus far in the most comprehensive clinical trials in the world for healthy men.

Give Blood

While one multivitamin per day is a good guideline, you can take a blood test to determine a more precise accounting of exactly how much of a nutrient you need. One test available at almost every medical center in the U.S. is the vitamin D blood test. The recommended daily value for vitamin D is 400 IU, but recent research suggests the number should be higher. You'll probably have to specify that you want this test, because it's just not on doctors' radars right now.

Monitor Your Food

Some supplements may no longer be needed. A landmark 1996 study found that 200 micrograms per day of selenium could reduce the risk of prostate cancer. Today, however, selenium has been added to many foods, and there is at least 100 mcg now in most low-dose daily multivitamins.

Maintain Perspective

For 107 years, the leading cause of death in men has been cardiovascular disease. So, before obsessing over selenium, focus on your heart-disease risk. Find out your blood pressure, LDL, HDL, triglycerides and cholesterol numbers, and your waist circumference, and ask your doctor for a description of your heart health based on that info. Do not accept "your numbers are normal" (normal is relative). You can negate a family history of heart-disease risk if you get your HDL above 60. Assess your risk at Americanheart.org.

MARK MOYAD (REPRINTED WITH PERMISSION OF BEST LIFE MAGAZINE © RODALE INC.)

Supplements For Sicknesses

■ Clinical studies have found that some people benefit from extra doses of certain nutrients. If you fall into one of the categories below, ask your doctor whether the corresponding supplement is right for you.

OBESITY: Vitamin D gets caught up in fat tissue and doesn't circulate, which means you might need more to compensate.

DISTANCE RUNNER: Because you burn so much fuel, there is rapid elimination of vitamin C, an important nutrient for runners because it helps repair muscle and prevent muscle breakdown. Don't take more than 500 mg per day.

FAMILY HISTORY OF ALZHEIMER'S DISEASE: Plant sterols and stanols reduce cholesterol, which has been found to accelerate the formation of the plaques that are associated with dementia.

HIGH BLOOD PRESSURE: Coenzyme Q10 improves blood flow and should be considered even by healthy men who have a family history of high blood pressure.

STRENGTH TRAINER OR WEIGHT LIFTER: L-carnitine helps shuttle fatty acids within mitochondria, the part of the cell that produces energy and builds muscle.

RECOVERING ALCOHOLIC: B complex vitamins (B1, B2, B6, B12 and folic acid) are the first to become deficient in alcoholics.

AT RISK FOR A HEART ATTACK: Niacin increases good cholesterol and reduces heart-disease risk.

RECOVERING FROM A HEART ATTACK: One gram of omega-3 daily reduces the risk of sudden cardiac death. This has recently become an American Heart Association standard treatment.

FAMILY HISTORY OF EARLY VISION LOSS: Lutein protects the eyes from damage.

SMOKER: Vitamin E is rapidly depleted by smoking and continues to be deficient for up to five years after quitting.

ERECTILE DYSFUNCTION: Red yeast rice extract is a natural form of statin that can increase blood flow. HEATHER HURLOCK (REPRINTED WITH PERMISSION OF BEST LIFE MAGAZINE © RODALE INC.)

IN

Herb-Rubbed Grilled Scallops

TIME: 20 MINUTES (MARINATE TWO TO 10 HOURS); SERVES: 4

Health experts recommend eating at least two seafood meals per week as part of a healthy diet.

INGREDIENTS: 1 teaspoon dried tarragon; 1/2 teaspoon dried thyme leaves; 3/4 teaspoon dried oregano; 3/4 teaspoon garlic powder; 3/4 teaspoon freshly ground black pepper; 1 tablespoon extra-virgin olive oil; 1 pound sea scallops, rinsed and patted dry; 1/4 teaspoon salt; fresh lemon wedges.

AP

137 calories, 4 g fat, 37 mg cholesterol; 4 g carbs, 0 g fiber 19 g protein, 328 mg sodium.

IN A SHALLOW DISH, cover eight 10-inch bamboo skewers with water and set aside to soak.

In a small bowl, combine the tarragon, thyme, oregano, garlic powder, pepper and oil. Add the scallops and toss to coat. Cover the bowl and refrigerate for two to 10 hours.

When ready to cook, preheat a gas grill to medium-high or prepare a charcoal grill.

Divide the scallops between the skewers, threading them through the sides. Season with salt. Grill until the scallops are golden brown on both sides and opaque in the center, about four minutes per side. Serve with lemon wedges. (AP)

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What the Hose Knows

ISTOCK

NOT HAPPENING: Unless you are an airbrushed model, you will not look like this.

Can a blast of water cure the dimpled bane of the beach?

It's what keeps pants on at the pool. It's the reason the skort bathing suit was invented. Yes, it's the season when we say hello to cellulite, the dimples as stuck to your thighs as an unemployed friend to your couch.

But before you throw in the towel (or wrap it around your waist), the Medical Spa at Nova in Ashburn, Va., claims to have a cure. Surely, this must involve a high-tech device of some kind. No. It involves a bathtub and a hose.

Cellulite Water Reduction Therapy is "a superficial, painless massage that breaks up the fat capsules," the specialist says as she set up the equipment. "It makes the dimples much less obvious."

Clients in their bathing suits lay in a relaxing tub while their most cellulite-ridden areas (upper thighs, butt, hips and stomach) are analyzed. Then, using an underwater hose, the specialist runs a pressurized stream of water up the legs and other problem areas, to ostensibly dissipate the fat cells. Very slowly, the jet stream is meticulously run up every area. No spot goes un-hosed. It feels like someone is squirting a smaller version of a Super Soaker at your thighs.

The hose takes on the dreaded thigh.

It's a pretty slow process, and one might get bored watching the little hose do its work. Front of thighs first, then onto your side for hips and butt. The roughly hour-long process is topped off with a chamomile-infused Jacuzzi soak. Cellulite, prepare for your aquatic archrival.

The hose may turn into a truth stick when pointing out real problem areas. Think that tummy is toned? Not when blasting water is creating a meteor- size fat crater. Regardless, the treatment is entirely painless. The hose seems to merely tickle the fat away, and if you put your ear to the tub water, you may actually hear the cellulite mischievously giggle as it's nudged aside.

The verdict: After one treatment, we felt relaxed and smelled nice. So did the unchanged cellulite. However, multiple treatments are recommended for the full effect. The Medical Spa at Nova may have developed a cure, but more than an hour of being sprayed with a hose for $120? The poorer among us might rather try it at home with that Super Soaker. ROBYN MINCHER

The Medical Spa at Nova, 21785 Filigree Court, Suite 100, Ashburn, Va.; 703-554-1130; Novamedspa.com

WORK IT OUT

The Hard Way Is the Best Way

■ Pictures of Mischa Barton's bikini body have made their way to the Internet, where celebrity bloggers are gleefully saying she may have more to worry about than her sinking career — cellulite! It goes to show that not even the waifish are safe from the clusters of fat capsules that bulge from so many bikini bottoms. So, what to do? Any nutritionist would tell you this: Diet and exercise are the only weapons. Exercise? Haven't scientists come out with a laser yet?

Sadly, no — but don't knock exercise until you've tried the "Good-bye Cellulite, Hello Bikini Challenge," created by the Nivea skin care brand and Washington Sports Club. Through July 15, local WSCs will host classes tailored to taming that lumpy skin around the thighs, butt and hips. This vigorous aerobic workout is paired with Nivea swag to put you on your way to cellulite-free confidence, or at least a tauter rear. (See Mysportsclubs.com/news/newstuff/nivea.htm for info.)

We attended the first class in Glover Park, taught by WSC D.C. spokeswoman Elaina Enjetti, a much sweeter version of GI Jane. (The class rotates all around town, with different instructors at each WSC.) It's definitely boot camp for the butt (and all other cellulite- prone areas). Ten barbell squats are immediately followed by single leg lunges, immediately followed by 15 leg kicks, immediately followed by pain. A series of thrusts, kicks and lifts while on all fours takes feeling the burn to the next fiery level. Afterward, you get a free towel and lotion samples, and a suggestion to enroll at Niveachallenge.com, an actual contest with prizes like a trip to Miami and a cookbook. There's no explanation of how the anti-cellulite products actually work, but, hey, they're free. Does the class get that butt into shape? Most definitely. Does this have anything to do with Nivea? Who cares about skin care goop when your thighs are on fire? R.M.

MARGE ELY/EXPRESS

Students are subjected to killer squats at the Silver Spring branch of WSC.

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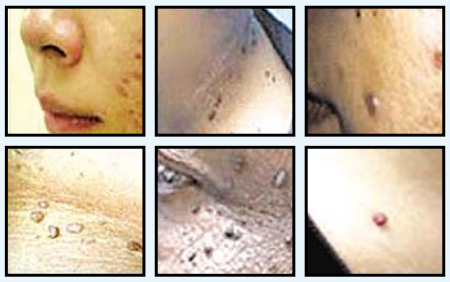

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STETHOSCOPE

MUSIC

Smooth Jazz Cures

■ To lower your blood pressure, you could exercise or consume less salt. Or, instead, you could just put quiet, rhythmic tunes on your iPod. Italian researchers reported at last week's meeting of the American Society of Hypertension that patients who listened to classical, Celtic or raga music saw their blood pressure drop in relation to the control group, which, presumably, listened only to thrash-metal. No word yet on the long-term effects of the treatment, except perhaps for an uptick in Enya sales.

SMOKING

Warning: Wet Pipe

■ Colleges might want to add Hookah 101 to their course catalogs. According to a study of freshmen at a Virginia university, published in the Journal of Adolescent Health, half reported having smoked from a water pipe (and 20 percent had done so in the past month). Yet they seemed remarkably in the dark about the health risks. It appears that kids these days are under the impression that the water somehow filters out dangerous substances, but hookah tobacco and cigarettes contain the same toxins.

AGING

Height Matters

■ Perhaps you've known for a long time you were never destined to play professional basketball, but those stumpy limbs could have even more serious consequences. According to a study out of Tufts University, folks with shorter arms and legs may be more likely to develop Alzheimer's disease and dementia. Scientists think it may be linked to poor nutrition in childhood.

Pain: This Time It's Personal

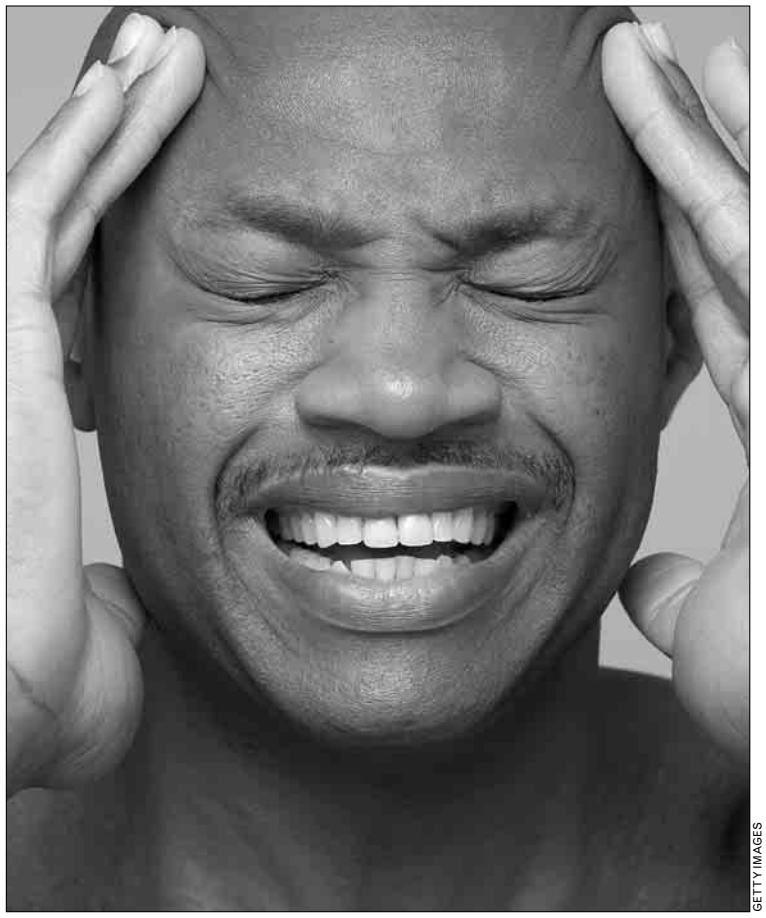
New research on how we hurt points to genes and past injuries

When confronted with throbbing temples or a locked-up lower back, we usually stop what we're doing and pop some Advil or grab an ice pack. Which is exactly what that headache or wrenched back is telling us to do. "The purpose of pain is to grab your attention so that you'll fix the problem," says Scott Fishman, a pain specialist at the University of California at Davis. The catch is that pills don't always work. Lucky for us, researchers are making giant leaps in easing agony.

Pain's Path

Until recently, what we knew about how the mind and body process pain was pretty straightforward. Think of your brain as a radio station that's usually tuned to Coldplay. Then you cut your thumb slicing a bagel. The "station" switches to Linkin Park: Signals from nerve endings in your thumb rush up to your thalamus, the part of the brain that decides what to do with pain signals.

After interpreting the pulses as "pain!" the thalamus routes the signal to the brain regions that figure out how to react: the cerebral cortex, a thought center that assesses the damage and determines a course of action, and the limbic system, where emotional responses are processed. In nanoseconds, your brain determines how high to crank the volume on that new "song" so you can react appropriately.



GETTY IMAGES

Don't Feel My Pain

The new view of how pain pathways in the body work is a bit more complex. While the basic process is the same, each person has a slightly different reaction, and therefore different tolerance, to pain signals. "If you have two people with sprained ankles and one says, 'It's no big deal,' while the other says, 'It's the worst pain of my life,' it turns out both of them are telling the truth," says pain researcher Michael Gold of the University of Pittsburgh. "Brain imaging shows that when someone says it really hurts, it does. Human pain response is influenced by a whole host of psychological, genetic and biological factors."

Your genes probably play a big role in how much things like cramps, headaches and back pain hurt, says Jeffrey Mogil, a pain genetics researcher at McGill University in Montreal. In fact, British researchers just discovered a genetic mutation that blocks the perception of pain in some individuals. Mogil also notes animal research showing that anywhere from 30 to 75 percent of differences in pain sensitivity may be genetic. So, if your mom screamed when she stubbed her toe on a table leg or was unfazed by a bee sting, you may react the same way.

But other factors can influence how much pain you feel. Your expectations, for example. In a Wake Forest study using 122-degree heat pads, researchers sometimes told subjects to expect mild discomfort, and other times warned them to prepare for the worst. When participants anticipated less pain, they said they suffered significantly less than when faced with impending doom. Pain-related brain activity went down, and reports of pain decreased by 28 percent — relief as powerful as swallowing a dose of prescription-strength painkillers.

> Your genes probably play a big role in how much things like cramps hurt.

Pain That Stays

Plenty of people will tell you the worst kind of pain is the kind that won't go away. That makes chronic pain a big concern for researchers. Over time, almost any nerve and muscle damage — from a torn hamstring to a strained back — has the potential to change how your nerves and even your brain work.

What happens is that nerves designed to respond to everyday sensations unrelated to pain can get recruited into the pain-sensing system. Your tolerance drops, and your sensitivity increases. This process, called central sensitization, creates a "pain groove" that continues and magnifies the ache long after the original injury has healed.

Scary stuff. But for most of us, there's an easy way to avoid this worst-case scenario: Take your pain seriously, right from the start, and get help immediately — even if you're worried people will think you're a whiner. It's not a cry of surrender, and you're not a wimp. It's a smart strategy. NICOLLE JOHNSON

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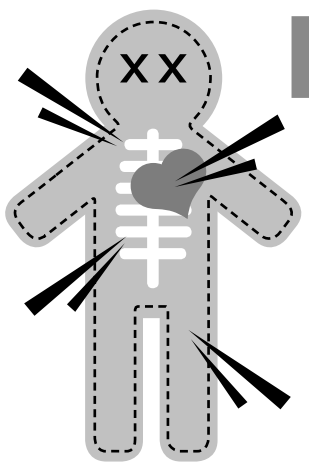

hypochondriac

WHAT YOU COULD HAVE BUT PROBABLY DON'T

Have your rings or shoes stopped fitting? Does your face look different now than in old photos? You could have **ACROMEGALY**, a disease that can cause extremely gradual enlargement of the face and extremities — that's why some people don't notice until they look at pictures from way back when. It happens when the pituitary gland starts pumping out too much growth hormone. Other symptoms include a husky voice (due to bigger vocal cords), severe snoring and a swollen tongue; the body's organs can even fatten up, causing all manner of ills. If not caught early — which it usually isn't, since it's both so rare and so slow — acromegaly can be fatal. SOURCE: MAYOCLINIC.COM

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